For this section, please include your name below so your group leader can follow up directly with you.

I’d like to share my BLESSED – BROKEN – GIVEN experience with my parish by:

___ you can quote me in the parish bulletin
___ sharing my NCYC story at Mass
___ helping with Music at Mass
___ serving as a Lector
___ serving as an Usher
___ helping with Coffee & Donuts
___ serve as a leader in my Youth Group
___ helping with the religious education program
___ helping with middle school program
___ helping with service projects
___ attending retreats
___ leading retreats
___ baking for parish meals
___ designing promotional materials for parish events
___ assisting with babysitting for parish events
___ assisting with decorating the Church
___ Other:

My name is: ____________________________________________________
Complete these two pages, tear them off, and submit them to your Group Leader before you go home. If your Bus Boss hasn’t also sent around your diocesan survey for NCYC, please remind them to do so on the journey home.

NCYC is a pilgrimage which means it’s more about coming home than going there. What are you taking back from NCYC? What do you hope you always remember?

Something I experienced at NCYC that I wish kids my age could experience is...

One thing I’d still like to learn more about is ....

Some questions I have about Jesus or the Church after NCYC are...

One thing my youth group/faith formation can do to help me continue growing in my faith is...

Some of what I would tell the families at home so they would understand how amazing NCYC is...
Welcome to the NCYC experience. If this is your first NCYC, you’ll quickly see that it’s a non-stop bombardment of sights, sounds, emotions, and learning. And if you’ve been before, you already know this! The challenge is how to process and remember all that’s happening within and around you during and after NCYC.

This journal is designed to help you remember and retain the numerous experiences, insights, and learning that will happen for you. If you’re not a journaler, that’s okay. Maybe use this as an opportunity to give journaling a try. Just consider this your private diary that will help you prepare for, experience, and remember this amazing experience called NCYC.

Here’s a brief overview of what’s in this journal:

- **NCYC (p. 7).** In this section you’ll find a set of pages for each day that contains the day’s schedule, daily Mass readings, a Blessed-Broken-Given (BBG) Challenge to help you take a deeper dive, journal opportunities for Solitude (highly encouraged for chaperones!) and questions to think about and use for Parish Download at the end of the day.

  - A prayer for openness [ page 8 ]
  - BLESSED [ November 21 ] [ page 9 ]
  - BROKEN [ November 22 ] [ page 16 ]
  - GIVEN [ November 23 ] [ page 23 ]
  - Return [ November 24 ] [ page 33 ]

- **Notes (p. 50).** Here’s plenty of space to take words of inspiration and wisdom you hear during general sessions and workshops, or any other thoughts or information you want to record.

- **My NCYC (p. 63).** Complete these final pages in your journal on the way home and give to your Group Leader before you get off the bus. These will help your leader get a sense of your NCYC experience, how you might want to get more involved in the parish, and prepare his/her report to your pastor and parish leadership on NCYC.

So here we go! Hang on! Get ready! You’re in for a great encounter with Jesus and His (and our) Church. Indianapolis, **HERE WE COME!**
THE RIPPLE EFFECT

The heart of this year’s NCYC is the Eucharistic Spirituality of our Church. We believe in the true presence of Christ in the Eucharist – not a symbol, or a sign, but that Christ is truly present, and faith helps us live this mystery even “when our human senses fail” (St. Thomas Aquinas).

We also believe that we become His Body in the world upon receiving the Eucharist: blessed, broken and given. This encounter with Jesus – receiving Him into our own body and blood – has a Ripple Effect on the whole world. He takes the bread, blesses, breaks and gives it to us for our salvation. Because of this great love, we are able and miraculously willing to take our own lives, allowing them to be blessed, broken and given out of love.
As you hold this journal in your hands, consider this:

**you are called to NCYC**

just as Peter was called from the boat (Matt 4:18-22), Paul was knocked off a horse (Acts 9:4), and Mary was greeted by an angel (Luke 1:26-38).

You may not know what God is calling you to, or why, but, He has definitely called you here for these next few days.

So watch carefully, listen attentively, take advantage of every opportunity you have to hear God’s voice in your heart.

**What do you think it means to be blessed? Broken? Given?**

**Where have you heard these phrases before?**

**What are your reservations about NCYC?**

**What will be hard for you to leave behind?**

**What would help you to be able to live in the moment of NCYC?**

**For those returning to NCYC...**

You already know this NCYC will be different from the last: different MCs, different speakers, you’re older, you have new friends, etc. How can you make this experience new and different for you, spiritually?

**How can you help first-timers have a safe, prayerful, spiritual, and meaningful experience?**
IMPORTANT NCYC REMINDERS

To ensure a safe and fruitful NCYC experience, please remember:

- Stay hydrated.
- Stick with a buddy from your group.
- A chaperone should know where you are and where to find you if needed. Be sure they have your phone number.
- Be responsible about medications you are taking. Set reminders in your phone if you need to.
- Take time to eat meals.
- Make good choices! Choose workshops that will challenge you. Take time to pray and celebrate the sacraments, especially Reconciliation.
- Lights out is Midnight. You will be asked to quiet down if your room is disrupting the sleep of others.
- Choose not to bring valuables with you to the conference to avoid losing them.
- Branch out within your group! Try to go to sessions with new people from your group that you don’t hang out with at school. If someone in your group is being negative, prayerfully encourage them. Remove yourself from any situation where you feel uncomfortable.
- Keep your parish’s Group Leader or your small group leader in the know about how you’re feeling and if you see any behavior that makes you uncomfortable.
[ DEAR GOD ]

Help me to open my heart to you this weekend.
NCYC is a rare chance to grow closer to you, without
distractions. Help me to focus on my relationship with you and
nothing else. Help me to be a light for my group so they can focus
on you, too, and give you all the glory. I have doubts and I’m not
perfect, but I am looking for you. Please help my unbelief. Give me
eyes to see your face and ears to hear your truth. Help me to seek
the opportunities I have this weekend to grow in faith so I come
home stronger on Sunday, knowing that I am loved, I am called
and that I have what it takes to do what you are calling me to do.
Help me be brave, Jesus. Amen
[ today's schedule ]

Early!  Board buses for Indianapolis
3:00-4:30PM  Buses Arrive in Indianapolis
5:45PM  Board Buses for Downtown
7:00PM  General Session
10:00PM  Return to Hotel/Parish Download
11:45PM  #GoodNightNCYC
12:00AM  Curfew & Lights Out

THURSDAY, NOVEMBER 21, 2019
daily challenge

[ blessed ] Offer a prayer of blessing over someone you know in your NCYC group today.

[ broken ] Go without one piece of candy/pop/snack. Offer this sacrifice for someone who is struggling at NCYC.

[ given ] Ask yourself honestly how much you can give of yourself at NCYC. Commit to giving your whole self to God for the next three days.

“let the grace of your baptism bear fruit in a path of holiness.”

[ gaudete et exsultate, 15 ]
# Today’s Readings

**Memorial of the Presentation of the Blessed Virgin Mary**

<table>
<thead>
<tr>
<th>Reading 1</th>
<th>1 MC 2:15-29</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsorial Psalm</td>
<td>PS 50:1B-2. 5-6, 14-15</td>
</tr>
<tr>
<td>Gospel</td>
<td>LK 19:41-44</td>
</tr>
</tbody>
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"In the midst of all the peoples on earth, there is one people that is like no other. It is subject to no one but God alone. It is supposed to be like salt, which adds flavor; like yeast, which permeates everything; like light, which drives away the darkness. Anyone who belongs to the People of God must count on coming into conflict with people who deny God’s existence and disregard his commandments. In the freedom of the children of God, however, we have nothing to fear, not even death.

[YouCat 125 (CCC 781-786)]
Jesus’ relationship with the Father was primary, and so he often stepped away from the disciples to pray alone. Likewise, you are invited to do the same by taking 10-20 minutes each day of NCYC (twice, actually, on Saturday) whenever you’d like in the adoration chapel or another quiet space to pray through solitude. This time may be a great resource for chaperones, teens who have attended NCYC before or anyone who simply wants to take their NCYC experience deeper with personal prayer.

Solitude features a pause for Lectio Divina and a decade of the Rosary. The five readings for solitude are taken from the Luminous Mysteries. They trace how Christ himself was blessed, broken and given to the world.

**How to pray through solitude.**

*Begin with the Sign of the Cross.*

*Spend a moment to quiet yourself with headphones or deep breathing. Step away from the liveliness of NCYC to acknowledge God’s presence within you and around you.*

*When you’re ready, read the scripture provided that corresponds to the decade of the rosary. This first time, read for context and understanding. What is happening? Who is involved?*

*Read the passage a second time, considering Jesus not as a character in a story but your most intimate, innermost friend. Linger over the sacred words that come from his mouth to your heart. Pause for a moment to let them sink in.*

*Read the story a third time, underlining or circling any phrases that really take hold in your mind and seem to be the most important to you today.*

**The Baptism of the Lord**

Then Jesus came from Galilee to John at the Jordan, to be baptized by him. John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” But Jesus answered, “Let it be so”...When Jesus had been baptized, just as he came up from the water, suddenly the heavens opened to him and he saw the Spirit of God descending like a dove upon Jesus. A voice from heaven said, “This is my Son, the Beloved, with who I am well pleased.”  (Matthew 3:13-17)
Take time to journal on the following:

How is Christ blessed by the Father in this story? Where can I see the Trinity at work in His life? Does this story matter to me? Have I ever stopped to consider how this happened to Jesus so that it might also happen to me in my own life?

Does Christ experience any brokenness here? How does he respond? What brokenness have I experienced that connects to him? As Jesus experiences a broken heart, where is his heart focused – on himself and his own pain, or...? What do you think is his “end goal”?

How is Christ given in this part of his life? How does this mystery of light call me to give of myself in a new way? From the first mystery to this one, what has been Christ’s focus or main purpose in his life? If someone was to evaluate my life, and my recent actions, what is my purpose? How is God calling me to move, to love more deeply or rearrange my priorities?
Conclude with a decade of the Rosary.

Pray the Lord’s Prayer:
   Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Say the Luminous Mystery for this decade you’re praying:
   The Baptism of the Lord.

Pray 10 Hail Mary’s:
   Hail Mary, full of grace, The Lord is with Thee; Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen.

Pray the Doxology:
   Glory be to the Father, and to the Son, and to the Holy Spirit...as it was in the beginning, is now, and ever shall be; world without end. Amen.

Pray the Fatima Prayer:
   O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those most in need of Thy mercy.

Conclude with the following:
   Lord, may I always have a sense of your love for me as your child—your beloved, with whom you are well pleased—just as I am. And when I feel defeated by my faults and failings, my sin, and my feelings of not being good enough, come and find me and light my way to the hope and love you have for me. Amen.
notes
[ general sessions + workshops ]

- What was your hi/lo of the day?
- What did you learn today about being blessed, or being a blessing to others?
- What was a great personal moment in prayer or growth today – where you felt God was speaking to you?
- How did you feel a great sense of God in our community today at NCYC?

“in every human encounter, in every moving experience of nature, in every apparent coincidence, in every challenge, every suffering, there is a hidden message from God to us.”
[ YouCat 20 ]
FRIDAY, NOVEMBER 22, 2019

[ today's schedule ]

8:00AM  Depart for Downtown
9:00AM  General Session
11:00AM  Interactive Experiences Open
         Thematic Village
         Inspiration Nook
         Reconciliation
         Adoration
11:45AM  Workshops Round A
1:45PM  Workshops Round B
3:45PM  Workshops Round C
6:30PM  Stadium Doors Open
8:00PM  General Session
10:00PM  Return to hotel/Parish Download
11:45PM  #GoodNightNCYC
12:00AM  Curfew/ Lights Out

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ALL: Alleluia, alleluia, alleluia!
O sons and daughters of the Lord,
The King of glory, King adored,
From death to life has been restored. Alleluia.

CONCLUSION

Reading:
"... Jesus Himself, through them, sent forth from east to west the sacred
and imperishable proclamation of eternal salvation. Amen."
(Mark 16:8, the Shorter Ending)

Reflection:
Through the Via Lucis, we have shared our pilgrim journey with the
Risen Lord. As servants and witnesses of Christ, let us now pray in
the way our Savior taught us:

All: "Our Father..."

Prayer:
Lord, may everything we do, begin with Your inspiration, continue
with Your help, and reach perfection under Your guidance.
We ask this through Christ, our Risen Lord. Amen.

Sign of Peace
refresh our spirits and renew us in the ministries that flow from our Baptism and Confirmation.

Prayer:
Father most holy, see Your Church gathered here in prayerful worship like the first disciples and Mary in the Upper Room. Grant that we may accomplish, in the joy of the Holy Spirit, all that You give us to do in the world. May we gladly share in Christ's sufferings so as to rejoice when His glory is revealed. We ask this through Christ our Lord. Amen.

FOURTEENTH STATION
The Risen Lord Sends the Holy Spirit

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading:
"... Suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim." (Acts 2: 2-4)

Reflection:
The power of the Holy Spirit drives the disciples from the Upper Room into the streets and marketplace. The Spirit compels them to take the message everywhere, in places familiar and unfamiliar, not stopping until they reach the ends of the world. We have been clothed with the same Spirit. We are called to be evangelizers and witnesses, near and far, wherever we go. The Spirit always goes before us, preparing the way and strengthening our hearts to be generous servants of the Risen Lord who ever guides us. Pentecost is an enduring and continuing event. We implore the Holy Spirit to renew the face of the earth by renewing us.

Prayer:
Father in heaven, through this spiritual journey, You have reminded us of the fullness of the mystery of Your revealed love. See Your people gathered in prayer, open to receive the Spirit's flame. May it come to rest in our hearts and disperse the divisions of word and tongue. With one voice and one song, may we praise Your name in joy and thanksgiving. Grant this through Christ our Lord, and in the power of the Spirit, both now and forevermore. Amen.

daily challenge

blessed

Offer a prayer of blessing over someone who is from the Diocese of Davenport (not your town!)

broken

Attend mass, reconciliation or a group rosary today.

given

Discover how many Religious Orders are present in the Interactive Village and Inspiration Nook. Ask them to pray with you about discerning God's call in your life.

"when we realize we are chosen, we feel that the weight on us is too great, and we experience fear — in some cases even panic. That is the beginning of the cross.

[ Pope Francis ]
Reading 1  
HOS 2:16bc, 17cd, 21-22

Responsorial Psalm  
PS 45:11-12. 14-15, 16-17

Gospel  
MT 25:1-13

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Reading:
"So then the Lord Jesus, after He spoke to them, was taken up into heaven and took His seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them and confirmed the word through accompanying signs." (Mark 16:19-20)

Reflection:
The Scriptures do not portray the Ascension as a day of sadness. While still looking up at the skies, the disciples were consoled by the continuing presence of the Lord. They return to the familiar surroundings of the Upper Room, with Mary, the mother of the Lord, to pray in anticipation of their mission. In this "original novena," we continue to implore the Risen Lord to be the center of our lives and to keep us focused as a jubilant pilgrim people.

Prayer:
Eternal God, clothe us now with Your power. With the eyes of our hearts enlightened, may we come to understand the immeasurable greatness of Your power at work in us who believe. In that strength, may we boldly pronounce the Good News of our salvation to everyone.
We ask this through Christ our Lord. Amen.

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THIRTEENTH STATION
Mary and the Disciples Keep Vigil in the Upper Room for the Spirit's Advent

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading:
"When they entered the city, they went to the upper room where they were staying.... All [the apostles] devoted themselves with one accord to prayer, together with some women, and Mary, the mother of Jesus, and His brothers." (Acts 1:13a, 14)

Reflection:
Throughout the history of the Church, there have been apostolic movements dedicated to prayerful contemplation, and others resulting in transforming action. As we have crossed the threshold into a new millennium, we look to the "Upper Room" as a symbolic place where we return over and over again, so that we can become "contemplatives in action." As persons who are both prayerful and energetic in service to the Gospel, we must always keep vigil for the advent of the Risen Lord, with the flame of faith alive in our hearts. Only the Lord can
Prayer:
Father, fill our hearts with the fire of Your love and the desire to ensure justice for our brothers and sisters. By sharing the good things You give us, may we secure justice and equality for every human being, an end to all division, and a human society built on love and peace. Grant this through Christ our Lord.

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ELEVENTH STATION
The Risen Lord Sends the Disciples into the World

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection,
You have redeemed the world!

Reading:
"Go therefore, and make disciples of all the nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age." (Matthew 28: 19-20)

Reflection:
From the mountaintop, the Risen Lord gives the "Great Commission" to the disciples to reach out to the ends of the earth. We realize that we are the recipients of this faith-filled mission: our ancestors embraced the faith of the apostles, who were the original witnesses of the resurrection. The greatest response we can give to such a legacy is our dedication to a new evangelization of our contemporary culture. We must allow the Risen Lord to reinvigorate our whole way of living, helping us to re-evaluate every aspect of our lives with the values of the Kingdom of God.

Prayer:
God of all creation, whose mighty power raised Jesus from the dead, be present to this community of disciples whom You have called to the hope of a glorious inheritance among the saints. Strengthen us in the power of the Spirit to go and make disciples of all nations, to obey everything that Jesus Christ has commanded us, and to know that He is with us always until the end of the age, interceding on our behalf, living and reigning with You in the power of the Holy Spirit, now and forevermore. Amen.

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TWELFTH STATION
The Risen Lord Ascends into Heaven

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection,
You have redeemed the world!

[ solitude ]

Begin with the Sign of the Cross.

Spend a moment to quiet yourself with headphones or deep breathing. Step away from the liveliness of NCYC to acknowledge God’s presence within you and around you.

When you’re ready, read the Scripture passage below. Read for context and understanding. What is happening? Who is involved?

Read the passage a second time, considering Jesus not as a character in a story but your most intimate, innermost friend. Linger over the sacred words that come from his mouth to your ears. Pause for a moment to let them sink it.

Read the story a third time, underlining or circling any phrases that really take hold in your mind and seem to be the most important to you today.

The Wedding in Cana

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, “They have no wine.” And Jesus said to her, “Woman, what concern is that to you and to me? My hour has not yet come.” His mother said to the servants, “Do whatever he tells you.”

Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, "Fill the jars with water." So they filled the to the brim. Then he told them, “Draw some out now and take it to the headwaiter.” So they took it. And when the headwaiter tasted the water that had become wine, without knowing where it came from...the headwaiter called the bridgroom and said to him, “Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now.”

(John 2:1-12)
Take time to journal on the following:

How is Christ blessed by the Father in this story? Where can I see the Trinity at work in His life? Does this story matter to me? Have I ever stopped to consider how this happened to Jesus so that it might also happen to me in my own life?

Does Christ experience any brokenness here? How does he respond? What brokenness have I experienced that connects to him? As Jesus experiences a broken heart, where is his heart focused—on himself and his own pain, or...? What do you think is his “end goal”?

How is Christ given in this part of his life? How does this mystery of light call me to give of myself in a new way? From the first mystery to this one, what has been Christ’s focus or main purpose in his life? If someone was to evaluate my life, and my recent actions, what is my purpose? How is God calling me to move, to love more deeply or rearrange my priorities?

said to them, 'Come, have breakfast.' And none of His disciples dared to ask Him, 'Who are You?' because they realized it was the Lord” (John 21: 10-12).

Reflection:
After the crucifixion, the apostles returned to their former way of life. Out on the familiar Sea of Galilee, these expert fishers find themselves ineffective and baffled because not even a single fish was caught. From the shore, the Risen Lord guides them and directs their nets until they are filled to overflowing. As He prepares breakfast for them, He nourishes their hearts and promises them that they can also be fed by making disciples in His name. He calls them to an entirely new way of fishing—fishing for people.

Prayer:
Father in heaven, author of all truth, a people once in darkness has listened to Your Word and followed Your Son as He rose from the tomb. Hear the prayer of this newborn people and strengthen Your Church to answer Your call.

May we rise and come forth into the light of day to stand in Your presence until eternity dawns. We ask this through Christ our Lord. Amen.

TENTH STATION
The Risen Lord Forgives Peter and Entrusts HIm to Feed His Sheep

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading:
"When they had finished breakfast, Jesus said to Simon Peter, 'Simon, son of John, do you love Me more than these?'... Peter was distressed that Jesus had said to him a third time, 'Do you love Me?' and he said to Him, 'Lord, You know everything, You know that I love You.' Jesus said to him, 'Feed my sheep.... Follow Me.'" (John 21: 15, 17b, 19b)

Reflection:
The Risen Lord directs His attention to Peter whose embarrassing three-fold denial was still ringing in his heart. The questions posed by Jesus help Peter to find reconciliation and to embrace his new mission to tend and feed the sheep. Their encounter reminds us that forgiveness is always available, even for the most serious of mistakes we can make. This warm embrace of forgiveness strengthens our resolve to be reconcilers and healers in the Spirit of Jesus. Only love can overcome guilt and deception. Only love and forgiveness can make us whole.
EIGHTH STATION
The Risen Lord Strengthens the Faith of Thomas

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection,
You have redeemed the world!

Reading:
"Thomas...was not with them when Jesus came.... Thomas said, 'Unless I see the mark of the nails in His hands and put my finger into the nail marks and put my hand into His side, I will not believe'...Jesus came... and stood in their midst and said, 'Peace be with you.' Then He said to Thomas, 'Put your finger here and see My hands, and bring your hand and put it into My side, and do not be unbelieving, but believe'...Blessed are those who do not see and yet believe." (John 20: 24-29)

Reflection:
The story of Thomas is important because it is through Thomas' example that we realize that doubt can be a part of faith. Too easily we call him "Doubting Thomas," and forgetting that after examining the nail marks, he fully embraced the Risen One as his Lord and Savior. Thomas' doubt was transformed into a lively faith. We too, are called to believe, knowing full well that our faith may be tested by doubt and fear. As disciples who desire an ever-deeper faith, we are patient and understanding with those who are struggling, searching and seeking like Thomas.

Prayer:
Heavenly Father and God of mercy, we no longer look for Jesus among the dead, for He is alive and has become the Lord of life. From the waters of death You raise us up with Him and renew Your gift of life within us. Increase in our minds and hearts the risen life we share with Christ and help us to grow as Your people toward the fullness of eternal life with You. We ask this through Christ our Lord. Amen.

NINTH STATION
The Risen Lord Eats with the Disciples on the Shore of Tiberias

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection,
You have redeemed the world!

Reading:
"Jesus said to them, 'Bring some of the fish you just caught.' So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. Jesus
What was your hi/lo of the day?
What did you learn today about being blessed, or being a blessing to others?
What was a great personal moment in prayer or growth today – where you felt God was speaking to you?
How did you feel a great sense of God in our community today at NCYC?

Prayer:
God of unchanging power and light, look with favor and mercy on the entire community of Your Church. Bring lasting salvation to the human family, so that the world may see the fallen lifted up, the old made new, and all things brought to perfection, through Him who is our origin, our Lord Jesus Christ who lives and reigns forever and ever. Amen.

ALL: Alleluia, alleluia, alleluia.
My wounded side, O Thomas see;
Behold My hands, My feet, said He
Not faithless, but believing be. Alleluia.

SEVENTH STATION
The Risen Lord Breathes Peace and Gives the Power to Forgive

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection,
You have redeemed the world!

Reading:
Jesus came and stood in their midst and said to them, 'Peace be with you'... The disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent Me, so I send you.' And when He had said this, He breathed on them and said to them, 'Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained'" (John 20: 19b, 20b-23)

Reflection:
Even though the doors of the Upper Room were bolted shut, the Risen Lord pierced through all fear and united the hearts of the disciples with the gift of peace. Deep inner peace is the root and source of the peace and joy that the world cannot give. The Risen Lord calls us to seek peace always through a non-violent commitment to conflict resolution and thus transform the world, relationship by relationship.

Silence

Prayer:
God of perfect peace, violence and cruelty can have no part of You. May those who are at peace with one another hold fast to the good will that unites them; may those who are enemies forget their hatred and be healed. We ask this through Christ our Lord. Amen.
Reflection:
The encounter on the road leads to the table, the breaking of the bread and the total gift of self. Recognition of the Risen Lord is always linked with the Eucharist. At the heart of our Christian life is this meal of Word and Eucharist which we celebrate every Sunday. The Risen Lord presides over all our journeys, wishing to set our hearts on fire in generous service to all people in need, near and far. The gift we have received is the gift we share. Humbly, we set out on the various roads of our lives to respond to all the hungers of the human family.

Prayer:
You are truly blessed, O God of holiness: You accompany us with love as we journey through life. Blessed too, is Your Son, Jesus Christ, who is present among us, and whose love gathers us together. As once He did for His disciples, Christ now opens the Scriptures for us and breaks the bread. May the Eucharist we celebrate guide us to the fullness of Christ's life. We pray in the power of Christ's Spirit, forever and ever. Amen.

ALL: Alleluia, alleluia, alleluia.
When Thomas, first the tidings heard, How they had seen the Risen Lord, He doubted the disciples' word. Alleluia.

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SIXTH STATION
The Risen Lord Appears to the Community of Disciples

ALL: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading:
"Why are you troubled? And why do questions arise in your hearts? Look at My hands and My feet, that it is I Myself. Touch Me and see, because a ghost does not have flesh and bones as you can see I have," And as He said this, He showed them His hands and His feet." (Luke 24: 38-40)

Reflection:
The disciples on the road to Emmaus quickly returned to the other disciples in Jerusalem with "burning hearts." Their despair had been reversed and they were eager to convince the others that Jesus was alive. Jesus the Christ is always eager to gather the community of disciples at the table of faith and to show them that He has risen with His wounds glorified. All our wounds will one day be glorified. We seek to understand how the Risen Lord invites us to be "wounded healers," recognizing now that the Lord desires us to be ambassadors of reconciliation, while we ourselves are being forgiven and healed.
daily challenge

[ blessed ]
Ask someone you do not know how you can pray for them.

[ broken ]
Give $5 to the collection at mass today.

[ given ]
Make a plan for how you can share your gifts with your family, your friends, your school, or your parish. How can you be Christ’s hands and feet for others?

"we must say no to 'a world that thinks it can keep something for itself.'"
[ Pope Francis ]

Reading:
"...It happened that while they were conversing and debating, Jesus Himself drew near and walked with them, but their eyes were prevented from recognizing Him.... And He said to them, 'Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into His glory?' Then beginning with Moses and all the prophets, He interpreted to them what referred to Him in all the scriptures" (Luke 24: 15, 25-27).

Reflection:
The Emmaus road is the story of the Christian life. These disciples were walking away from Jerusalem and the apostolic faith community in defeat and dejection. They had lost hope. We too, have moments of despair and desolation. The Risen Lord Jesus accompanies us along the road, even when we are moving in the wrong direction. Only the Lord can "break open" the Word in order to help us understand the stories of our lives, especially suffering, and read them in harmony with the pattern of the Scriptures. Only the Lord can rekindle our energy and our resolve to devote ourselves to what is most important in life.

Prayer:
Lord God, as disciples on our pilgrimage, we implore Jesus Christ: stay with us, Lord. Open our hearts to true conversion and, as we have known the Lord in the breaking of the bread, so make us witnesses of a new humanity, renewed, reconciled and at peace in Your love. Send us as heralds of the repentance and forgiveness You offer to all in the name of Jesus, who lives and reigns with You, forever and ever. Amen.

FIFTH STATION
The Risen Lord is Recognized in the Breaking of the Bread

ALL: We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading:
"...They urged Him, 'Stay with us, for it is nearly evening and the day is almost over.' So He went in to stay with them. And it happened that while He was with them at table, He took bread, said the blessing, broke it, and gave it to them. With that, their eyes were opened and they recognized Him, but He vanished from their sight. Then they said to each other, 'Were not our hearts burning within us while He spoke to us on the way and opened the scriptures to us.'" (Luke 24: 29-32)
our eyes that we may know Him in the breaking of bread, and follow Him in His risen life. Grant this through Christ our Lord. Amen.

THIRD STATION
The Risen Lord Appears to Mary Magdalen, Apostle to the Apostles

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading:
"She turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, 'Woman, why are you weeping? Whom are you looking for?' She thought He was the gardener and said to Him, 'Sir, if you carried Him away, tell me where you laid Him, and I will take Him.' Jesus said to her, 'Mary!' She turned and said to Him in Hebrew, 'Rabbouni,' which means Teacher. Jesus said to her, 'Stop holding on to Me, for I have not yet ascended to the Father. But go to My brothers and tell them, 'I am going to My Father and your Father, to My God and your God.' Mary of Magdala went and announced to the disciples, 'I have seen the Lord,' and what He told her." (John 20: 14b-18)

Reflection:
In the fourth gospel, Mary Magdalen is given the mission to carry the good news of the resurrection to the apostles and the disciples. Mary had been in the company of Jesus and His followers, and is given the privilege to announce the hope of new life. She is known over the centuries as "the apostle to the Apostles." Jesus called her by name, gave her the eyes of faith, and called her to give a unique personal witness to her friends in the faith community.

Prayer:
God our Father, You will that all people to be saved and come to the knowledge of Your truth. Send workers into Your great harvest that the Gospel may be preached to every creature. May Your people, gathered together by the word of life and strengthened by the power of the sacraments, advance in the way of salvation.
We ask this through Christ our Lord. Amen.

FOURTH STATION
The Risen Lord Appears on the Road to Emmaus

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!
Begin with the Sign of the Cross.

Spend a moment to quiet yourself with headphones or deep breathing. Step away from the liveliness of NCYC to acknowledge God’s presence within you and around you.

When you’re ready, read the scripture provided that corresponds to the decade of the rosary. This first time, read for context and understanding. What is happening? Who is involved?

Read the passage a second time, considering Jesus not as a character in a story but your most intimate, innermost friend. Linger over the sacred words that come from his mouth to your heart. Pause for a moment to let them sink in.

Read the story a third time, underlining or circling any phrases that really take hold in your mind and seem to be the most important to you today.

The Proclamation of the Kingdom

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the Good News.” (Mark 1:15)

Take time to journal on the following:

How is Christ blessed by the Father in this story? Where can I see the Trinity at work in His life? Does this story matter to me? Have I ever stopped to consider how this happened to Jesus so that it might also happen to me in my own life?

Reading:
"The angel of the Lord said to the women: 'Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for He has been raised just as He said.' " (Matthew 28: 5b-6a)

Reflection:
On the first day of the week, at the dawning of the new creation, Jesus arose from the dead. No one saw the event, yet like the apostles, we are called to be witnesses of this central faith event. The light and power of Christ’s death and resurrection has become the pattern for our living. May we recognize Christ’s dying and rising in our midst.

Prayer:
This is the day, Lord God, that You have made! Raising Christ from the dead, and raising us with Christ, You have fashioned for Yourself a new people. As we hear the word that brings salvation, make our hearts burn within us. Through the presence of every friend and stranger, reveal to us the face of the One who had first to suffer, but who has entered now into glory, Jesus Christ, our Passover and our Peace, living and reigning with You, forever and ever. Amen.

SECOND STATION
The Disciples Discover the Empty Tomb

ALL: We adore You, O Christ and we praise You!
Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

Reading:
"Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed." (John 20: 8)

Reflection:
The empty tomb was not a proof of the resurrection, but rather a silent witness of the greatest event of our faith. Seeing the empty tomb, the disciples were motivated to seek the Risen Lord at work in their midst. They saw and believed in the continuing presence of the Lord of love. All the empty and lonely places of human life are precisely where the Lord wishes to work and be revealed.

Prayer:
God our Father, creator of all, today is the day of overwhelming joy. The Lord appeared to those who had begun to lose hope and opened their eyes to what the Scriptures foretold: that first He must die and then rise. May the Risen Lord breathe on our minds and open
Like the Stations of the Cross, the *Via Lucis* focuses on the 14 significant moments of grace in the Paschal Mystery. These Stations of the Resurrection, however, invite us to pause on the joy and wonder of Christ Risen from the Dead. It is the perfect Sunday Morning communal prayer!

The Stations can be prayed in partners, small groups or with your entire bus. Consider participating in the reflection in silence to help keep the pace going. With a group, the Via Lucis should take about 30-45 minutes. You might add a favorite song fromNCYC between every 3-4 stations to break up the rhythm and focus on praise.

**INTRODUCTION**

Sign of the Cross

*Reading:*

“For we have grown into union with Christ through a death like His, we shall also be united with Him in the resurrection....If, then, we have died with Christ, we believe that we shall live with Him....Consequently, you too must think of yourselves as being dead to sin and living for God in Christ Jesus. (Romans 6: 5, 7, 11)

*Reflection:*

Let us walk this pilgrimage of faith, the *Via Lucis*, as daughters and sons of the light and as witnesses of the Risen Lord. Let us meditate upon the resurrection of Christ and discover the pathway of light that Christ blazes through our lives.

**FIRST STATION**

Jesus Rises from the Dead

*ALL: We adore You, O Christ and we praise You!*

Because by the Wood of the Cross and the Light of the Resurrection,

You have redeemed the world!

Does Christ experience any brokenness here? How does he respond?

What brokenness have I experienced that connects to him? As Jesus experiences a broken heart, where is his heart focused – on himself and his own pain, or…? What do you think is his “end goal”?

How is Christ given in this part of his life? How does this mystery of light call me to give of myself in a new way? From the first mystery to this one, what has been Christ’s focus or main purpose in his life? If someone was to evaluate my life, and my recent actions, what is my purpose? How is God calling me to move, to love more deeply or rearrange my priorities?

Conclude with a decade of the Rosary.

*Pray the Lord’s Prayer:*

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

*Say the Luminous Mystery for this decade you’re praying:*

The Proclamation of the Kingdom.
Pray 10 Hail Mary’s:
Hail Mary, full of grace, The Lord is with Thee; Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen.

Pray the Doxology:
Glory be to the Father, and to the Son, and to the Holy Spirit...as it was in the beginning, is now, and ever shall be; world without end. Amen.

Pray the Fatima Prayer:
O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those most in need of Thy mercy.

Conclude with the following:
Lord, thank you for the people in my life who believe in me simply because they trust your Holy Spirit, who lives within me and works through me. Thank you for the times they recognize me as your child—your very own creation— anointed, called, and gifted; blessed, broken and given. Amen

Conclude with a decade of the Rosary.

Pray the Lord’s Prayer:
Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Say the Luminous Mystery for this decade you’re praying:
The Institution of the Eucharist.

Pray 10 Hail Mary’s:
Hail Mary, full of grace, The Lord is with Thee; Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen.

Pray the Doxology:
Glory be to the Father, and to the Son, and to the Holy Spirit...as it was in the beginning, is now, and ever shall be; world without end. Amen.

Pray the Fatima Prayer:
O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those most in need of Thy mercy.

Conclude with the following:
Lord, thank you for the people in my life who believe in me simply because they trust your Holy Spirit, who lives within me and works through me. Thank you for the times they recognize me as your child—your very own creation— anointed, called, and gifted; blessed, broken and given. Amen

“the Eucharist, although it is the fullness of sacramental life, is not a prize for the perfect but a powerful medicine and nourishment for the weak.
[ Pope Francis ]
Take time to journal on the following:

How is Christ blessed by the Father in this story? Where can I see the Trinity at work in His life? Does this story matter to me? Have I ever stopped to consider how this happened to Jesus so that it might also happen to me in my own life?

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Does Christ experience any brokenness here? How does he respond? What brokenness have I experienced that connects to him? As Jesus experiences a broken heart, where is his heart focused – on himself and his own pain, or...? What do you think is his "end goal"?

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Finally, how is Christ given in this part of his life? How does this mystery of light call me to give of myself in a new way? From the first mystery to this one, what has been Christ’s focus or main purpose in his life? If someone was to evaluate my life, and my recent actions, what is my purpose? How is God calling me to move, to love more deeply or rearrange my priorities?

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Begin with the Sign of the Cross.

Spend a moment to quiet yourself with headphones or deep breathing. Step away from the liveliness of NCYC to acknowledge God's presence within you and around you.

When you're ready, read the scripture provided that corresponds to the decade of the rosary. This first time, read for context and understanding. What is happening? Who is involved?

Read the story of Christ, a second time, considering Jesus not as a character in a story but your most intimate, innermost friend. Linger over the sacred words that come from his mouth to your heart. Pause for a moment to let them sink in.

Read the story a third time, underlining or circling any phrases that really take hold in your mind and seem to be the most important to you today.

The Transfiguration

After six days Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him.

Then Peter said to Jesus in reply, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah." While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him." When the disciples heard this, they fell prostrate and were very much afraid. But Jesus came and touched them, saying, "Rise, and do not be afraid." And when the disciples raised their eyes, they saw no one else but Jesus alone. (Matthew 17:1-8)
Take time to journal on the following:

How is Christ blessed by the Father in this story? Where can I see the Trinity at work in His life? Does this story matter to me? Have I ever stopped to consider how this happened to Jesus so that it might also happen to me in my own life?

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Does Christ experience any brokenness here? How does he respond? What brokenness have I experienced that connects to him? As Jesus experiences a broken heart, where is his heart focused – on himself and his own pain, or...? What do you think is his “end goal”?

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How is Christ given in this part of his life? How does this mystery of light call me to give of myself in a new way? From the first mystery to this one, what has been Christ’s focus or main purpose in his life? If someone was to evaluate my life, and my recent actions, what is my purpose? How is God calling me to move, to love more deeply or rearrange my priorities?

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[ solitude ]

Begin with the Sign of the Cross.

Spend a moment to quiet yourself with headphones or deep breathing. Step away from the liveliness of NCYC to acknowledge God’s presence within you and around you.

When you’re ready, read the scripture provided that corresponds to the decade of the rosary. This first time, read for context and understanding. What is happening? Who is involved?

Read the passage a second time, considering Jesus not as a character in a story but your most intimate, innermost friend. Linger over the sacred words that come from his mouth to your ear. Pause for a moment to let them sink it.

Read the story a third time, underlining or circling any phrases that really take hold in your mind and seem to be the most important to you today.

The Institution of the Eucharist

While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, “Take and eat; this is my body.” Then he took a cup, gave thanks, and gave it to them, saying, “Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins. I tell you, from now on I shall not drink this fruit of the vine until the day when I drink it with you new in the kingdom of my Father.” (Matthew 26:26-29)
Conclude with a decade of the Rosary.

Pray the Lord’s Prayer:
Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Say the Luminous Mystery for this decade you’re praying:
The Transfiguration.

Pray 10 Hail Mary’s:
Hail Mary, full of grace, The Lord is with Thee; Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen.

Pray the Doxology:
Glory be to the Father, and to the Son, and to the Holy Spirit...as it was in the beginning, is now, and ever shall be; world without end. Amen.

Pray the Fatima Prayer:
O my Jesus, forgive us our sins, save us from the fires of hell and lead all souls to heaven, especially those most in need of Thy mercy.

Conclude with the following:
Lord, thank you for the people in my life who believe in me simply because they trust your Holy Spirit, who lives within me and works through me. Thank you for the times they recognize me as your child—your very own creation—anointed, called, and gifted; blessed, broken and given
We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace.

[ Pope Francis ]

What was your hi/lo of the day?
What did you learn today about being blessed, or being a blessing to others?
What was a great personal moment in prayer or growth today – where you felt God was speaking to you?
How did you feel a great sense of God in our community today at NCYC?

A few things to think about...

Which presentations were the most powerful to me this weekend? Why?

What are some of the things I don’t want to go home to? What are situations I know will be difficult? (If you need to, talk with a trusted adult about your concerns.)

What is my plan to continue to grow in faith and prayer?

What did God call me to do this weekend? How can I continue to show God He is a priority in my life?

How will I tell my parents and friends about this experience?