



THE CATHOLIC YOUTH COMMUNITY OF ELK GROVE

# THE GROVE YOUTH MINISTRY

IN THIS ISSUE

## Welcome to THE GROVE



### Welcome

Middle school teens, high school teens, young adults, and parents,

On behalf of Fr. Julito R. Orpilla, Fr. Sylvester Kwiatkowski, and Fr. Michael Vaughan. Welcome to **THE GROVE** Youth Ministry! The Catholic Youth Community of Elk Grove. **THE GROVE** Youth Ministry community consist of youth from St. Joseph's Parish, St. Maria Goretti Parish, Good Shepherd, and St. Vincent de Paul.

### Our Mission

Our mission at **THE GROVE** is to accompany young people on their journey in becoming missionary disciples. At **THE GROVE** we have created a space where young people can encounter Jesus, make Christ-centered friendships, and get involved in the Church's mission for social justice. At **THE GROVE**, we want young people to know they are loved by God and are the "Now" of God.

**JOIN US FOR OUR UPCOMING EVENTS IN OCTOBER**



### YOUNG ADULT MINISTRY

Check out the events available to young adults in Elk Grove and throughout the entire diocese.

Page 4



### Development Characteristics of Young Adolescents

Not all young people are the same but understanding the development characteristics young people face in today's society may help you be more empathetic with the problems they may be facing.

Page 5-6

# Youth Ministry

## October Events

Here are the upcoming events available to all Middle School and High School teens in Elk Grove. **Come to one event or come to all.** We hope to see you there!

### High School Youth

- ✚ Made to Thrive  
Oct. 3 @ 6:15-8:15 PM  
**Saint Joseph's Parish**
- ✚ XL T From Eden to Zion  
Oct. 10 @ 6:15-8:15 PM  
**Good Shepherd**
- ✚ Food & Faith: Endless Pastabilities  
Oct. 17 @ 6:15-8:15 PM  
**Saint Maria Goretti**
- ✚ Dia De los Muertos Celebration  
Oct. 24 @ 6:15-8:15 PM  
**Saint Joseph's**



### Middle School Youth

- ✚ Faith Olympics  
Oct. 8 @ 6:15-8:15 PM  
**Good Shepherd**
- ✚ Oct. 15 @ 6:15-8:15  
**St. Maria Goretti**
- ✚ Oct. 22 @ 6:15-8:15  
**St. Joseph's**
- ✚ Dia De los Muertos Celebration  
Oct. 24 @ 6:15-8:15 PM  
**Saint Joseph's**

### SOCIAL MEDIA

For more up to date information follow us on our social media accounts

Instagram @ TheGroveYouthMinistry  
Facebook @ The Grove Youth Ministry  
TikTok @ TheGroveYouthMinistry

## Made to Thrive!

by Gonzalo Duran

I recently got the opportunity to see the Giant Sequoias in Yosemite. While appreciating the behemoth size of the trees, I was informed that some were over 2,000 years old. As I stood in awe, I asked myself, how did these trees get so big? How have they survived for thousands of years? Throughout those years, there have been countless fires, mudslides, and droughts. These events surely would have affected their ability to grow this big. Yet, the Sequoias found a way to thrive in that environment.

Well, it turns out they did it by working together. Yes! That is right, trees communicate with each other and work together. So, while we can argue all day whether a tree makes a noise if it falls in the forest when no one is around, we can agree that trees talk to each other. Well, maybe they don't talk, but they send signals to each other through their roots to ensure the safety and growth of all the trees in the area. They give warnings about potential infestations and share resources during droughts through their systems of roots.

God created us to THRIVE. How can we THRIVE you ask? We can learn a lot from the Giant Sequoias. Like them, we need to work together. We are called to be in community with one and other. It is difficult to thrive on our own. Through our faith community, we can build strong connections with others that will help support us in our time of need. Likewise, we can help support others in their time of need. Together we can THRIVE!



## MIDDLE SCHOOL YOUTH



### FAITH OLYMPICS

10/8 - Good Shepherd @ 6:15 PM

10/15 – St. Maria Goretti @ 6:15 PM

10/22 – St. Joseph's @ 6:15 PM

The goal of the FAITH OLYMPICS is to have fun and build community. Everyone will be placed on a team. Each team will compete against each other in some real fun, wacky and sometimes disgusting relays, puzzles, quizzes and games. Some games will require physical strength and others a quick and creative mind. We are going to have a blast

### FAST FACTS

# 15%

Squirrels cause approximate 15% of the U.S. power outages every year.

### A GREAT JOKE TO SHARE WITH FRIENDS

**Question:** Why don't you ever see hippopotamuses hiding in trees?

**Answer:** Because they are really good at it.

## HIGH SCHOOL YOUTH

### THRIVE KICKOFF - 10/3

Saint Joseph @ 6:15 PM

Join us for our very first **THRIVE Night**. All teens from St. Maria Goretti, St. Joseph's, St. Vincent de Paul, and Good Shepherd are invited. This will be the first night of our new Youth Ministry program. This is a great opportunity to meet new friends and the great members of the core team. We hope to see you there.



### Food & Faith: Endless Pastabilities

10/17 Saint Maria Goretti @ 6:15 PM

It's World Pasta Day! What does pasta have to do with our Catholic faith? Come and find out at our **THRIVE Night** – Endless Pastabilities. Food & Faith nights are centered around sharing great food, sharing our faith, and spending time in fellowship. Bring a friend with you and be prepared to eat all the pasta you could dream of. See you there!



### XLT: First Love - 10/10

Good Shepherd @ 6:15 PM

This weeks **THRIVE Night** will be an XLT. XLT stands for "Exalt." XLT is a night of prayer for our community that includes praise and worship, a message, reconciliation and Exposition of the Blessed Sacrament. This month's XLT will look at how we should focus on the love we have for Jesus. Join us at 6:15 PM for dinner. The XLT will begin in the church at 7:00 PM. We hope you come worship with us.



### Dia De Los Muertos Celebration

10/24 Saint Joseph @ 6:15 PM

Join us as we celebrate the upcoming El Dia de Los Muertos. This week's **THRIVE Night** will be a celebration of our loved ones who passed away. We will share stories of our loved ones and pray for the souls in purgatory. Join us for a night of fun, good food and great stories. We hope to see you there!



# YOUNG ADULT MINISTRY OPPURTUNITIES

## FIAT - Young Adult Ministry at Good Shepherd

Fiat is a ministry for Catholic young adults (ages 18-39) that seeks to inspire personal holiness through holistic formation, authentic friendships, intentional discipleship, vocational discernment, & a deeper encounter with Christ. Meet us in the Narthex after Adoration on Wednesdays (Adoration ends at 7:00 pm) and join us for fellowship at the youth room. To contact us, please email us at [fiat.ya.eg@gmail.com](mailto:fiat.ya.eg@gmail.com). For more events & updates, follow us on Instagram @fiat\_ya, or find us on Facebook by searching Fiat Catholic Young Adults.



DIOCESE OF  
SACRAMENTO

## Diocese of Sacramento Young Adults

If you aren't able to make it to our local young adult group, follow the link below to see what other events are available for Catholic young adults in the Sacramento area. There is a variety of groups and locations available that can help meet the various needs of your young adult lifestyle and schedule.

<https://www.scd.org/youth-and-young-adult-ministry/find-young-adult-ministry>

## YOUNG ADULTS (21+) THEOLOGY ON TAP (TOT)

October 21, 2021

**What is Theology on Tap?** Theology on Tap is a casual forum where young Catholics in their 20's and 30's gather to discuss topics relevant to young adults, from a faith perspective. It provides "straight talk, hard facts and real answers" on faith...and its implications on our daily lives. Young adults both married and single are invited! The featured speaker for the evening will lead and inspire! After the topic has been presented, you will be invited into lively discussions with your fellow young adults.

**Is there any cost to attend?** There is no cost to attend the event. However, food and drinks will be available for purchase. We encourage you to financially support the businesses that have provided the space to host our events. A free-will offering will be taken to help cover the cost of speaker fees.

**What if I Don't Drink Alcohol?** There will be alternative beverages available such as water, soda and iced tea. There is no pressure to drink at any Theology on Tap event.

**Do I Have to Register?** There is no need to register. Just bring yourself and a friend and be prepared to enjoy an evening of good food, drinks, and fellowship.



### EVENT DETAILS

**When:** Thursday, October 21, 2021

Please check out our website for updated details regarding, location, time, and the guest speaker for our next TOT event

[www.thegroveyouthministry.com](http://www.thegroveyouthministry.com)





# Developmental Characteristics of Young Adolescents

by Saint Mary's Press

Adolescence is a critical time of identity formation. With the onset of puberty comes an explosion of growth-physical, intellectual, emotional, social, moral, and spiritual. Understanding the nature and scope of adolescent development and responding appropriately requires patience, empathy, and a sense of humor. Young people "progress" through adolescence, no two following the same pathway. Most sixth graders show signs of emerging traits, while many eight graders exhibit more pronounced traits. The characteristics listed here are descriptors, not predictors.

As a parent or guardian, you are the primary influence in your child's life during the formative years of early adolescence, regardless of what she or he may say. Your child needs you to stay engaged in her or his life while also giving her or him space to grow. Communication is key: listen and keep the conversation going. Whether serious or silly, conversation matters!

## Physical

- Experience onset of puberty, develop secondary sex characteristics.
- Grow rapidly, are often clumsy and uncoordinated.
- Become highly self-conscious, body image can affect self-image.
- Fluctuate between hyperactivity and lethargy.
- Need physical activity.

## Cognitive-Intellectual

- Develop ability to think abstractly, but many still think in literal terms.
- Develop critical thinking skills and become more self-aware, self-critical.
- Exhibit increased communication.
- Become argumentative and demonstrate an intense need to be "right."
- Develop decisions-making skill and want a voice in their choices.
- Show intense focus on a new interest but lack discipline to sustain it.

## Emotional

- Are unpredictable emotionally, are sensitive and prone to outbursts.
- Exhibit an increasing capacity for empathy.
- Experience increasing sexual feelings, may engage in sexual behavior without realizing consequences.

## Social-Interpersonal

- Display a more developed social consciousness.
- Are more aware of relationships and have a strong need to belong.
- Exhibit desire for independence and autonomy.
- Experience a shift in dependence on family to dependence on peers.
- Able to critically compare parents with others.
- Seek deeper friendships based on shared interest, loyalty.

## Moral

- Tend to be legalistic, focusing on "rules" and "fairness".
- Retain moral belief of parents but begin to test rules of childhood.
- Are influenced by the values of their peers.
- Form a more personal conscience, seek moral criteria that makes sense to them.
- Exhibit greater sense of responsibility toward larger society.

## Spiritual

- Exhibit "affiliative faith"
- Are open to service opportunity primarily to connect with peers.
- Can be open to new prayer experiences.
- Seek adult role models who live their faith authentically.
- Desire a deeper relationship with God.
- May begin to explore new images of God.

## OUR PARISHES



### Good Shepherd 9539 Racquet Ct, Elk Grove, CA, 95758

#### Mass Times:

Saturdays: 5:00 p.m. Vigil  
Sundays: 7:00, 9:00, 11:00 a.m. and 1:00, 5:00 p.m.



### Saint Joseph Parish 9961 Elk Grove Florin Rd, Elk Grove, CA, 95624

#### Mass Times:

Saturdays: 4:30 p.m. Vigil  
Sundays: 7:30, 9:00, 11:00 a.m. and 1:00 p.m. (Español)



### Saint Maria Goretti Parish 8700 Bradshaw Rd, Elk Grove, CA, 95624

#### Mass Times:

Saturdays: 5:00 p.m. Vigil  
Sundays: 8:00, 10:00 and 12:00 p.m.

# Parent Reflection

## Being an Empathetic Parent

1) In which areas of development is your child strong? Struggling? How can you support his or her growth or express understanding for his or her struggles?

2) Recall what it was like to be her or his age. What is it like for her or him today? Can you relate? What is different?

3) Years from now when your child reflects on his or her teen years, how will he or she remember you? How does your child's relationship with you help to shape his or her identity and beliefs?



# THE GROVE

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