



• S E E K •

LEADER GUIDE



Faith and Family Life
Catholic Ministries

TABLE OF CONTENTS

[SEEK GENERAL](#)

[SEEK FOR ADULTS](#)

[SEEK FOR PARENTS](#)

[SEEK FOR TEENS](#)

[SEEK FOR CHILDREN](#)

AN INVITATION

You have been invited to accompany people of various ages in an introductory opportunity to hear and experience the Gospel. The participants will be in all stages of their own faith development. Jesus will meet each one in exactly this place, as should we. What a blessing to have them engage with our community. The *Seek* experience will invite them to personally encounter God's love, mercy, and direction for their lives.

As we accompany people in this "new start" let us be mindful of the patience and understanding Jesus offered to those he ministered to as they began to open their hearts and minds to his message. May *Seek* help you draw them into the arms of the Father.

In the kerygma, the active figure is the Lord Jesus, who manifests himself in the testimony of the one who proclaims him; the life of the witness who has experienced salvation therefore becomes that which touches and moves the hearer. (DC 58)

The centrality of the kerygma for the proclamation leads to several guidelines for catechesis as well: "it has to express God's saving love which precedes any moral and religious obligation on our part; it should not impose the truth but appeal to freedom; it should be marked by joy, encouragement, liveliness and a harmonious balance which will not reduce preaching to a few doctrines which are at times more philosophical than evangelical." (DC 59)

THE KERYGMA

Seek is a kerygmatic experience with 4 tracks: children, teens, parents, and adults, with age appropriate content for each. Over the course of 4 at-church Sessions participants will be invited on a journey to discover anew the good news of our faith by reflecting on the following themes:



COMMUNITY

Establish small groups and build trust by getting to know one another.



CREATION

We are made good by God our Father.



REDEMPTION

We have sinned and God sent his Son, Jesus to save us.



RELATIONSHIP

We are called to live for God who gives us the Holy Spirit and the Church.

SEEK GENERAL

Seek for Adults is a kerygmatic small group experience designed for adults to encounter the Gospel. Through discussions, activities, reflections, witness sharings, and teachings, participants will get to know a God who is love and be moved to grow deeper in their faith.

Seek for Parents is a kerygmatic small group experience designed for parents of children to encounter the Gospel. Through discussions, activities, reflections, witness sharings, and teachings, participants will get to know a God who is love and be given a shared vocabulary to share in conversations of faith with their children.

Seek for Teens is a kerygmatic youth night style experience designed for high school aged teens to encounter the Gospel. Through activities, discussions, witness sharings, and teachings, teens will get to know a God who is love and be given a shared vocabulary to engage in conversations of faith with their parents.

Seek for Children is a kerygmatic VBS style experience designed for early elementary school aged children to encounter the Gospel. Through songs, activities, and video teachings, children will get to know a God who is love and be given a shared vocabulary to engage in conversations of faith with their parents.

SEEK FOR ADULTS

Seek for Adults includes 4 Sessions focusing on the themes of the kerygma. Each Session includes a gathering, opening prayer, check-in, activity, reflection, witness, teaching, sharing, and closing prayer experience. You will need a facilitator to lead the Sessions from the front. You will also need a companion for each of the small groups to help guide the experience. We suggest 5-7 adults per table or small group. These groups should remain consistent throughout the *Seek* experience. If they will be continuing in small groups throughout their faith formation journey, this is the perfect time to assign them to their groups with their companion that will accompany them throughout. The companion's guide is printable and is called the Companion Guide Book.

Along with this Content you will need a physical Guide Book for each participant or the Printable Guide Book license that you will need to print to accompany the experiences. Make yourself familiar with the Content beforehand so everything runs smoothly. Each Session includes a witness testimony. It is most important to have local witnesses that connect with the daily realities of your adults.

We have created 2 *Seek for Adult* versions for you to use. The first version can be used as 4 Sessions spread over a series of days, weeks, or months. The second version can be used as a retreat, originally envisioned to happen Friday evening into the afternoon on Saturday. It can be hosted off-campus or on-campus.

Seek for Adults can be used for many purposes. Primarily the aim of our adult resources is to form adults to become disciples. *Seek for Adults* will naturally become an experience that can establish small faith sharing communities. It is our hope that these small groups continue to meet either by continuing on to *Root for Adults* or another resource that can continue to form them in the faith and keep them connected to the community. *Seek for Adults* can be used in the marriage catechumenate. Those discerning or preparing for Marriage can be combined with the other adults of the parish while they may be put in their own small groups. Finally, when people encounter the Lord they are inspired to give back. *Seek for Adults* can call forth leaders that may want to plug back in and become a part of the accompaniment team for other ministries. However you use it, we pray it will lead many adults to a renewed encounter with the Gospel of Jesus Christ.

TIME FRAME

Seek Sessions are designed to last 90 minutes. You may want to plan for 2 hours, to include time to gather, check-in, and enjoy fellowship. The retreat version has extended times due to added elements like meals. Each part of the Sessions will also have a suggested time that should be allotted to keep the experience moving and on track. Try to start and stop on time to respect the participant's schedules. You know your community best, feel free to adjust and adapt the timelines given.

GATHER

Begin each Session with a facilitator who introduces and helps facilitate the event. Make sure they are well prepared and very familiar with the schedule. This person will move the Session along and add any instructions and anecdotes. Their interaction with the participants should always be positive, authentic, encouraging, and supportive. It is crucial to choose the right person for this important role. Try to use someone the adults can easily relate to. The companions should also be given the Companion Guide Book, delivered with the Content, to help facilitate the Sessions at the group level.

OPENING PRAYER

A simple opening prayer is included in each Session as a way to offer to God all that will happen and to orient hearts to God's grace.

CHECK-IN

This is a tool to get the adults talking. The question asked is one that is simple to answer and is a chance for each person's voice to be heard. The answers discussed also begin to develop a shared narrative for the group.

ACTIVITY

Each Session has an experiential activity. This activity is another way to teach, and is meant to lead the participants into reflection, connecting with their personal experience. Elements of the activities are located in their Guide Books. Make sure these are on hand. Some activities will need additional supplies. Supply lists can be found in the Content of each specific Session.

SMALL GROUP DISCUSSION TIME

Small group discussion time is an opportunity for the participants to learn from one another. There is much wisdom around a table full of adults. Companions are key in getting that wisdom shared.

WITNESS

Witness sharings are a chance for adults to hear from other adults on a similar journey. The people sharing will make the teaching and theme for the Session personal. These small talks are also meant to get adults thinking about their own lives. A person's testimony can be the key to unlocking someone else's. As they hear from another, they naturally begin to reflect within themselves. These should be around 5 minutes in length. Be sure to prepare them ahead of time.

3 general questions that can help guide any witness are:

- What was life like before you encountered God?
- What was it like when you encountered God?
- How has your life changed since you encountered God?

TEACHING

A teaching is provided for each Session that connects the activity, discussion, and witness to an essential element of the kerygma that is intended to be delivered that Session. Each teaching also includes a simple proclamation of the Gospel. So much can be accomplished when we till the soil of the heart and prepare it to receive the word of God.

CLOSING PRAYER

The closing prayer for each Session is designed to help move what was experienced and learned into a conversation with the Lord. Most people have never been taught how to pray, your modeling and example will help lead them into a relationship with the living God.

SET-UP AND ENVIRONMENT

Set-up:

- Tables and chairs keeping in mind the small group format.
- You will need a projector or TV and a sound system for the videos/presentations. Utilize a good sound system. The content will not be able to touch the heart if it is not heard.
- Each participant will need a Guide Book, as well as supplies listed at the beginning of each Session below, purchased separately. You will need to prepare these ahead of time.
- We encourage the parish to provide refreshments.
- Name tags are helpful, especially for the first few Sessions. You could invest in some that you keep throughout the process or use disposable ones. Either way people will appreciate the ease they provide.

Environment:

- The external space informs our internal space. When adults walk into a room and it is well put together and inviting, it says they matter, and someone prepared for them! If possible, gather a team of creatives to make simple centerpieces, welcome signs, and a prayer table. As adults arrive, consider playing some background music to set the tone. Make a playlist with some Christian music. Walking into a room with light music playing sets a festive and reflective atmosphere. Be careful not to play the music too loud or it can easily become a distraction and make it hard to converse with others. You will also need a prayer table that is front and center prepared with the images needed for each Session. These images build upon one another as the Sessions continue.

ACCOMPANIMENT TEAM NEEDS

Facilitator:

- Choosing a facilitator to lead your Sessions as an MC from the front is an important decision. There will be other voices like witnesses, but it is necessary to have a central person to be the stabilizing and guiding voice in the group. They will introduce and weave together the Content for each Session. This person should be warm, engaging, confident, and it helps if they have a good sense of humor. This person needs to be open and non-judgmental. It will be their voice that will help the group grow together. Having the entire group come together as a unit, as a family, will help adults continue to seek these experiences out with each other after the Sessions end.

Companions:

- We recommend placing a companion in each small group if possible. Make sure companions feel comfortable with the flow of each Session. It is very helpful to have them walk through a sample Session together prior to the start of *Seek*. Leave time at the end of each Session with the companions to evaluate the experience. To make this a great experience for all we must be checking in regularly, making any needed changes as soon as possible. Invest in time with your companions. Having a strong team of people committed to the same mission helps everyone. Offer time to get to know one another, provide skills training, and spend time in prayer together. We want our adults to feel like they are being invited into a group that has been preparing for them and enjoys each other. Our *Beside* resources can be helpful in forming and growing your team. The companions should be made aware of the following:
 - Make sure each group member has the chance to participate. Do not allow any group member to control the sharing. Do not make anyone feel forced to share. Adults can decide to “pass.”
 - Make sure all participants feel respected and listened to. Having cell phones put away will help with this.
 - Companions will set the tone for the sharing. If they want a deeper, more thoughtful response from the participants, they will need to model that in their own sharing. The group will usually follow their lead.
 - Make sure companions do not monopolize the sharing. It works well if companions begin the sharing and then pass it on to the other members.
 - Companions should be listening to all the responses and be ready to ask follow up questions that help expand the participant’s answers. It is important that they

remember information discussed and use it to check in with the participants in future Sessions.

- Each group sharing time is preempted by a reflection time for processing. This should help the adults be prepared to share. No one likes to be put on the spot.
- If anything is ever discussed in small group time that is inappropriate or alarming it should be brought to the attention of the facilitator or pastor.

Hospitality:

- Hospitality is about much more than setting out cookies and water bottles. Great hospitality is the root for the growing that will take place. Having a team that interacts well together, and welcomes you into their community, will help the adults get comfortable almost immediately. This will produce greater engagement in the Sessions. This type of hospitality requires the facilitator and companions to become friendly with the adults before they ever begin. It includes being “real” through sharing, vulnerability, and laughter from the minute your participants enter.
- How the room “feels” is also an important part of the hospitality recipe. Covered tables, simple centerpieces, and the glow of a few candles will encourage the participants to lean into the conversation, like a great dinner party. Take the time to set the room in advance, so that adults walk into a space that feels prepared for them. A prayer table up front with changing images each Session can also be a small voice speaking into the room. Find creative people in your community who have a heart for adults and let them loose to work their magic.

SEEK FOR PARENTS

Seek for Parents includes 4 Sessions focusing on the themes of the kerygma. Each Session includes an opening prayer, check-in, witness, teaching, reflection, sharing, and closing prayer with children or teens. You will need a facilitator to lead the Sessions from the front. You will also need a companion for each of the small groups of parents to help guide the experience. We suggest 6-8 parents per table or small group. These groups should remain consistent throughout the *Seek* experience. If parents will be continuing in small groups throughout their faith formation journey, this is the perfect time to assign them to their groups with their companion that will accompany them throughout. The companions should also be given the Companion Guide Book, a printable PDF delivered with the Content, to help guide the Sessions at the group level.

Along with this Content you will need a Guide Book for each parent or the Printable Guide Book PDF license that you will need to print to accompany the experiences. Videos are available for leading the entire Session with parents, with the exception of the closing prayer in Session 4. All of the videos can be streamed or downloaded in an .mp4 format through the link provided in the Content. They will need to be started and stopped as needed. Make yourself familiar with it beforehand, so everything runs smoothly. You also can make this into an entirely live presentation. You can utilize the videos ahead of time to help set you up for the Sessions. A script for each Session is also available for your use. We recommend reviewing the content in the videos and script early on to decide which pieces you will play from the video and which parts you will do live. It is most important to have local witnesses that connect with the daily realities of your parents. *Seek for Parents* is meant to take place in a separate space from *Seek for Children or Teens* and conclude together for the closing prayer.

TIME FRAME

Seek Sessions are designed to last 90 minutes. You may want to plan for 2 hours, to include time for the families to arrive, settle, enjoy fellowship, or extend small group sharing where needed. Each part of the Sessions will also have a suggested time that should be allotted to keep the experience moving and on track. The low range is for 85 minutes and the high range 105 minutes. Try to start and stop on time to respect the family's schedules. You know your families best, feel free to adjust and adapt the timelines given.

GATHER

Begin each Session with a facilitator who introduces and helps facilitate the event. Make sure they are well prepared and very familiar with the schedule. This person will move the Session along and add any instructions and anecdotes. Their interaction with the parents should always be positive, authentic, encouraging, and supportive. It is crucial to choose the right person for this important role. Try to use someone the parents can easily relate to.

OPENING PRAYER

An opening prayer is provided in the Content that helps to focus in on the theme and offers the Session to God.

CHECK-IN

This is a tool to get the parents talking. The question asked is one that is simple to answer and is a chance for each person's voice to be heard. The answers discussed also begin to develop a shared narrative for the group.

ACTIVITY

Each Session has an experiential activity. This activity is another way to teach, and is meant to lead parents into reflection, connecting with their personal experience. Elements of the activities are located in their Guide Books. Make sure these are on hand. If not, have paper and pens available so parents can still participate. Some activities will need additional supplies. A list can be found in the Session specific Content.

SMALL GROUP DISCUSSION

Small group discussion time is an opportunity for parents to learn from one another. There is much wisdom around a table full of parents. Companions are key in getting that wisdom shared.

WITNESS

Witness talks are a chance for parents to hear from other parents on a similar journey. The people sharing will make the teaching and theme for the Session personal. These small talks are also meant to get parents thinking about their own lives. A person's testimony can be the key to unlocking someone else's. As they hear from another, they naturally begin to reflect within themselves. These should be less than 5 minutes in length. You can use the witness videos provided, or find witnesses from your own community to share in a similar way. Be sure to prepare them ahead of time.

Three general questions that can help guide any witness are:

- What was life like before you encountered God?
- What was it like when you encountered God?
- How has your life changed since you encountered God?

TEACHING

A teaching is provided for each Session that connects the activity, discussion, and witness to an essential element of the kerygma that is intended to be delivered that day.

CLOSING PRAYER WITH CHILDREN OR TEENS

The closing prayer for each Session will be done with parents and children or teens together. Make sure to coordinate the exact time children will return to the space. For many parents this may be the first time praying in this way with their child. These beginnings will help them feel more comfortable in a faith leadership role. Your modeling is so important!

SET-UP AND ENVIRONMENT

Set-up:

- Tables and chairs keeping in mind the small group format.
- You will need a projector or TV and a sound system for the videos. All of the videos can be streamed or downloaded in an .mp4 format through the links provided in the Content. Utilize a good sound system. The content will not be able to touch the heart if it is not heard.
- Each parent will need a Guide Book, as well as supplies listed in the Sessions below, purchased separately. If you did not purchase the physical Guide Books, be sure to prepare the printable Guide Books for each parent from the license purchased separately.
- Name tags are helpful, especially for the first few Sessions. You could invest in some that you keep throughout the process or use disposable ones. Either way people will appreciate the ease they provide.

Environment:

- The external space informs our internal space. When families walk into a room and it is well put together and inviting, it says they matter, and someone prepared for them! If possible, gather a team of creatives to make simple centerpieces, welcome signs, and a prayer table. You may also consider introducing the session theme with signs or posters. Printable PDFs can be found in the Content.
 - Session 1: Seek
 - Session 2: Made
 - Session 3: Shine
 - Session 4: Dwell
- As families arrive, consider playing some background music to set the tone. Make a playlist with the *Seek* theme song and other Christian music. Walking into a room with light music playing sets a festive and reflective atmosphere. Be careful not to play the music too loud or it can easily become a distraction and make it hard to converse with others.

PARENT INVENTORY

A good way to follow up the *Seek for Parents* experience is to share with them the *Parent Inventory*, included at the end of the *Seek for Parents* Content. This will help them reflect on and embrace their role as the primary catechists of their children. You can email this PDF to the parents and also include a survey to welcome feedback from the parents about their experience with *Seek*.

A FEW TIPS

- Limited facility space may be a challenge. The parent Sessions can be done together in a large group in one room or in many small groups in different rooms. You may all be able to gather in the church for the closing prayer experiences.
- Snacks and hospitality are always appreciated by both parents and children. You may consider serving snacks at the end of the event to encourage families to stay and visit with one another. The snack table can also be a creative part of the Session. Set up a simple and fun snack area with the sign “God’s love is a buffet!” with an ice cream sundae bar. Include different ice creams, toppings, and syrups. You may also consider “Dip into God’s Goodness” and offer veggie sticks with ranch dressing or “More and S’more of God’s Blessings” with cups filled with mini marshmallows, chocolate chips, and teddy grahams.
- *Seek for Parents* has been most successful when Sessions are run every 2 weeks over 2 months, which keeps the momentum up. Alternately, it can be run once a month for 4 months, each week for 1 month, or 4 nights in row, however it will work best for your community. We do not recommend running all the Sessions in 1 day as the content needs time to be integrated and the community time to develop.
- It can also be run multiple times a year or multiple nights to be available to families when they are available.
- *Seek* can also be used as a VBS camp over the summer in the evenings.
- Less is usually more, especially in the beginning. Put your efforts into making each Session a quality experience for the families. Fewer well done experiences will help the families schedules and will leave them wanting more.
- Even with plenty of reminders, participants may forget their Guide Books. You may choose to purchase a few extra to have on hand.
- As the sharing becomes deeper, participants may be moved to tears. It would be helpful to have some tissues available on the tables for them.
- When running *Seek for Parents* with *Seek for Children and Teens* together, you can blend the closing prayers or just use the one for children.

ACCOMPANIMENT TEAM NEEDS

Facilitator:

- Choosing a facilitator to lead your Sessions as an MC from the front is an important decision. There will be other voices like witnesses, but it is necessary to have a central person to be the stabilizing and guiding voice in the group. They will introduce and weave together the Content for each Session. This person should be warm, engaging, confident, and it helps if they have a good sense of humor. This person needs to be open and non-judgmental. It will be their voice that will help the group grow together. Having the entire group come together as a unit, as a family, will help parents continue to seek these experiences out with each other after the Sessions end.

Companions:

- We recommend placing a companion in each small group if possible. Make sure companions feel comfortable with the flow of each Session. It is very helpful to have them walk through a sample Session together prior to the start of *Seek*. Leave time at the end of each Session with the companions to evaluate the experience. To make this a great experience for all we must be checking in regularly, making any needed changes as soon as possible. Invest in time with your companions. Having a strong team of people committed to the same mission helps everyone. Offer time to get to know one another, provide skills training, and spend time in prayer together. We want our parents to feel like they are being invited into a group that has been preparing for them and enjoys each other. Our *Beside* resources can be helpful in forming and growing your team. The companions should be made aware of the following:
 - Make sure each group member has the chance to participate.
 - Do not allow any group member to control the sharing.
 - Do not make anyone feel forced to share. Parents can decide to “pass.”
 - Make sure all parents feel respected and listened to. Having cell phones put away will help with this.
 - Companions will set the tone for the sharing. If they want a deeper, more thoughtful response from parents, they will need to model that in their own sharing. The group will usually follow their lead.
 - Do not monopolize the sharing. It works well if companions begin the sharing and then pass it on to the other members.
 - Companions should be listening to all parent responses, and be ready to ask

follow up questions that help expand parent's answers. It is important that they remember information discussed and check in with parents in future sessions: "How is your sick mother doing?", "How was your vacation time with your family that you were looking forward to?"

- Each group sharing time is preempted by a journaling and reflection time for processing. This should help the parents be prepared to share. No one likes to be put on the spot.
- If anything is ever discussed in small group time that is inappropriate or alarming it should be brought to the attention of the Faith Formation Director.

Hospitality:

- Hospitality is about much more than setting out cookies and water bottles. Great hospitality is the root for the growing that will take place. Having a team that interacts well together, and welcomes you into their community, will help the families get comfortable almost immediately. This will produce greater engagement in the Sessions. This type of hospitality requires the facilitator and companions to become friendly with the families before they ever begin. It includes being "real" through sharing, vulnerability, and laughter from the minute your families arrive.
- How the room "feels" is also an important part of the hospitality recipe. Covered tables, simple centerpieces, and the glow of a few candles will encourage the parents to lean into the conversation, like a great dinner party. Take the time to set the room in advance, so that parents walk into a space that feels prepared for them. A prayer table up front with changing images each Session can also be a small voice speaking into the room. Find creative people in your community who have a heart for parents and let them loose to work their magic.

SEEK FOR TEENS

Seek for Teens includes 4 Sessions. Each Session begins with a gathering, followed by an opening prayer, check-in, activity, discussion, witness talk, teaching, and discussion. Each Session then closes with a prayer experience with parents and a prompt for an at-home activity. Along with this Content you will need the Printable Guide Book license, that you will need to print, to accompany the experiences. You will need a facilitator to guide the overall experience using the script provided below. You will also need companions that can lead activities, guide discussions, and keep the small groups on task. You can utilize older teens as helpers. Their guide is also printable and is called the Companion Guide Book. A witness is needed for each Session to help bridge the teens' experience with the gift of our faith. We suggest placing teens in groups of 6-8 people of a similar age. They can also be grouped to mirror the groupings their parent's are in. With some minor adaptation this can also be used with junior high aged children.

TIME FRAME

Seek for Teen Sessions are designed to last 90 minutes. You may want to plan for 2-hours, to include time to arrive, settle, enjoy fellowship, or extend small group sharing where needed. Each part of the Sessions will also have a suggested time that should be allotted to keep the experience moving and on track. The low range is for 85 minutes and the high range 105 minutes. Try to start and stop on time to respect the family's schedules. You know your families best, feel free to adjust and adapt the timelines given.

GATHER

Begin each Session with a facilitator who introduces and helps facilitate the event. Make sure they are well prepared and very familiar with the schedule. This person will move the Session along and add any instructions and anecdotes. Their interaction with the teens should always be positive, authentic, encouraging, and supportive. It is crucial to choose the right person for this important role. Try to use someone the teens can easily relate to.

OPENING PRAYER

An opening prayer is provided in the Content that helps to focus in on the theme and offers the Session to God.

CHECK-IN

This is a tool to get the teens talking. The question asked is one that is simple to answer and is a chance for each person's voice to be heard. The answers discussed also begin to develop a shared narrative for the group.

ACTIVITY

Each Session has an experiential activity. This activity is another way to teach, and is meant to lead teens into reflection, connecting with their personal experience. Elements of the activities are located in their Guide Books. Make sure these are on hand. Some activities will need additional supplies. A list can be found in the Session specific Content.

SMALL GROUP DISCUSSION

Small group discussion time is an opportunity for teens to learn from one another. There is much wisdom around a table full of teens. Companions are key in facilitating these conversations. There are two discussion times, one after the activity and one after the teaching.

WITNESS

Witness talks are a chance for teens to hear from other teens or adults on a similar journey. The people sharing will make the teaching and theme for the Session personal. These small talks are also meant to get teens thinking about their own lives. A person's testimony can be the key to unlocking someone else's. As they hear from another, they naturally begin to reflect within themselves. You will need to find and coach a witness for each Session. These should be no longer than 5 minutes. You can find the notes to direct the focus of the witness below in the Session specific notes.

Three general questions that can help guide any witness are:

- What was life like before you encountered God?
- What was it like when you encountered God?
- How has your life changed since you encountered God?

TEACHING

A teaching is provided for each Session that connects the activity, discussion, and witness to an essential element of the kerygma that is intended to be delivered that day. We recommend using the text found in the Content as a guide. Make it your own by adding stories and language relevant to the teens in your group.

CLOSING PRAYER WITH PARENTS

The closing prayer for each Session will be done with parents and teens together. Make sure to coordinate the exact time teens will unite with their parents. For many teens, this may be the first time praying with their parents in this way.

SET-UP AND ENVIRONMENT

Set-up:

- Most of the *Seek for Teens* experience can be accomplished with the teens seated in chairs or around round tables.
- You will need a projector and a sound system for the videos. The video links can be found throughout the Content.

Environment:

- The external space informs our internal space. When teens walk into a room and it is well put together and inviting, it says they matter, and someone prepared for them! If possible, gather a team of creatives to make a fun environment. You may also consider introducing the Session's theme with signs or posters. Printable PDFs can be available in the Content.
 - Session 1: Hopes and Dreams
 - Session 2: Known and Loved
 - Session 3: Broken and Healed
 - Session 4: Family
- As teens arrive, consider playing some background music to set the tone. Walking into a room with light music playing sets a festive and reflective atmosphere.
- Name tags are helpful, especially for the first few Sessions. You could invest in some that you keep throughout the process or use disposable ones. Either way people will appreciate the ease they provide.

A FEW TIPS

- Limited facility space may be a challenge. The teen Sessions can be done together in a large group in one room or in many small groups in different rooms. You may all be able to gather in the church for the closing prayer experiences.
- Snacks and hospitality are always appreciated by both parents and teens. You may consider serving snacks at the end of the event to encourage families to stay and visit with one another. The snack table can also be a creative part of the Session. Set up a simple and fun snack area with the sign “God’s love is a buffet!” with an ice cream sundae bar. Include different ice creams, toppings, and syrups. You may also consider “Dip into God’s Goodness” and offer veggie sticks with ranch dressing or “More and S’more of God’s Blessings” with cups filled with mini marshmallows, chocolate chips, and teddy grahams.
- *Seek for Teens* has been most successful when Sessions are run every 2 weeks over 2 months, which keeps the momentum up. Alternately, it can be run once a month for 4 months, each week for 1 month, or 4 nights in row, however it will work best for your community. We do not recommend running all the Sessions in 1 day as the content needs time to be integrated and the community time to develop.
- It can also be run multiple times a year or multiple nights to be available to families when they are available.
- *Seek* can also be used as a VBS camp over the summer in the evenings.
- Less is usually more, especially in the beginning. Put your efforts into making each Session a quality experience for the families. Fewer well done experiences will help the families schedules and will leave them wanting more.
- Even with plenty of reminders, participants may forget their Guide Books. You may choose to print a few extra to have on hand.
- As the sharing becomes deeper, participants may be moved to tears. It would be helpful to have some tissues available on the tables for them.
- When running *Seek for Parents* with *Seek for Children and Teens* together, you can blend the closing prayers or just use the one for children.
- Depending on the size of your groups you may finish earlier than the parents. You can play a game that works well for your community to begin or end your Session. You can also introduce the essential prayers for the journey found on the back cover of the teen’s Guide Books.
- We have received feedback indicating that the teens are preferring extended small group discussion time over playing games.

ACCOMPANIMENT TEAM NEEDS

Facilitator:

- Choosing a facilitator to lead your Sessions as an MC from the front is an important decision. There will be other voices like witnesses, but it is necessary to have a central person to be the stabilizing and guiding voice in the group. They will introduce and weave together the Content for each Session. This person should be warm, engaging, confident, and it helps if they have a good sense of humor. This person needs to be open and non-judgmental. It will be their voice that will help the group grow together. Having the entire group come together as a unit, as a family, will help teens continue to seek these experiences out with each other after the Sessions end.

Companions:

- We recommend placing a companion in each small group if possible. Make sure companions feel comfortable with the flow of each Session. It is very helpful to have them walk through a sample Session together prior to the start of *Seek*. Leave time at the end of each Session with the companions to evaluate the experience. To make this a great experience for all we must be checking in regularly, making any needed changes as soon as possible. Invest in time with your companions. Having a strong team of people committed to the same mission helps everyone. Offer time to get to know one another, provide skills training, and spend time in prayer together. We want our teens to feel like they are being invited into a group that has been preparing for them and enjoys each other. Our *Beside* resources can be helpful in forming and growing your team. The companions should be made aware of the following:
 - Make sure each group member has the chance to participate.
 - Do not allow any group member to control the sharing.
 - Do not make anyone feel forced to share. You can give each teen one pass.
 - Make sure all teens feel respected and listened to. Having cell phones put away will help with this.
 - Companions will set the tone for the sharing. If they want a deeper, more thoughtful response from teens, they will need to model that in their own sharing. The group will usually follow their lead.
 - Do not monopolize the sharing. It works well if leaders begin the sharing and then pass it on to the other members.
 - Companions should be listening to all teen responses, and be ready to ask follow up questions that help expand teens' answers. It is important that they remember information discussed and check in with teens in future Sessions: "How is your sick mother doing?", "How did that big game go?", etc.

SEEK FOR TEENS

- Each group sharing time is preempted by a time of quiet reflection and journaling for processing. This should help the teens be prepared to share. No one likes to be put on the spot.
- If anything is ever discussed in small group time that is inappropriate or alarming it should be brought to the attention of the Faith Formation Director.

Hospitality:

- Hospitality is about much more than setting out cookies and water bottles. Great hospitality is the root for the growing that will take place. Having a team that interacts well together, and welcomes you into their community, will help the families get comfortable almost immediately. This will produce greater engagement in the Sessions. This type of hospitality requires the facilitator and companions to become friendly with the families before they ever begin. It includes being “real” through sharing, vulnerability, and laughter from the minute your families arrive.
- How the room “feels” is also an important part of the hospitality recipe. Take the time to set the room in advance, so that teens walk into a space that feels prepared for them. A prayer table up front with changing images each Session can also be a small voice speaking into the room. Find creative people in your community who have a heart for teens and let them loose to work their magic.

SEEK FOR CHILDREN

Seek for Children includes 4 Sessions focusing on the themes of the kerygma. Each Session begins with singing and doing the hand motions to the theme song, playing a game, watching a themed introduction video, doing an activity, watching a teaching video, participating in a closing prayer experience with parents, and extending the experience through an at-home activity. You will need a main catechist to welcome children, lead the game, and guide the overall experience. This guide is written for that person. You will also need other catechists that can help lead hand movements, activities, and keep the small groups on task. Their guide is printable and is called the Catechist Guide Book. Along with this Content you will need a *Seek* Backpack (which includes a Guide Book and bandana) for each child or the Printable Guide Book PDF license that you will need to print to accompany the experiences. We suggest placing children in small groups of 5-7 children of similar age. It can be helpful if they are grouped to mirror their parents groupings. We currently do not have a *Seek* resource for older children in grades 5-6. We recommended inviting them to help serve as helpers for the younger children. They will still experience all of the same content while not feeling too young for the approach.

All of the videos can be streamed or downloaded in an .mp4 format through the link provided in the Content. They will need to be started and stopped as needed. Make yourself familiar with it beforehand, so everything runs smoothly.

TIME FRAME

Seek for Children Sessions are designed to last 90 minutes. You may want to plan for 2-hours, to include time to arrive, settle, and enjoy fellowship. Each part of the Sessions will also have a suggested time that should be allotted to keep the experience moving and on track. The low range is for 75 minutes and the high range 90 minutes. This is less time than the parent Sessions to allow time to move the children to and from their gathering space. Try to start and stop on time to respect the family's schedules. You know your families best, feel free to adjust and adapt the timelines given.

GATHER

Each Session begins with singing and doing the hand motions to the theme song. This also functions as the opening prayer. It is important to lead the hand motions from the front. A video to teach your leaders the hand movements is available with the video content. Be sure to refresh by watching and practicing the hand motions before each Session. The theme song can be found on Spotify and other places music is found. Title: Seek, Artist: Faith and Family Life Catholic Ministries. ([Theme Song Link](#))

GAME

This is a fun way to engage the children, by moving around and inciting a little friendly competition. Instructions for the games can be found in the Content.

INTRODUCTION VIDEO

This short clip is designed to introduce the theme for the Session and engage the imagination.

ACTIVITY

Each Session has an experiential activity. This activity is another way to teach, and is meant to lead the children into reflection, connecting with their personal experience. Elements of the activities are located in their Guide Books. Make sure these are on hand. Some activities will need additional supplies. A list can be found in the Session specific Content.

TEACHING VIDEO

A video teaching is provided for each Session that connects the activity to an essential element of the kerygma that is intended to be delivered that Session. At the end of each teaching the children will receive an adventure badge with the theme from the Session to attach to their bags. If you purchase *Seek* Backpacks from us, these will be included in the shipping boxes in separate bags. If using the Printable Guide Book license, they will come as a printable sheet that you will need to prepare on sticker paper ahead of time.

CLOSING PRAYER WITH PARENTS

The closing prayer for each Session will be done with parents and children together. Make sure to coordinate the exact time the children will unite with their parents. For many children, this may be the first time praying with their parents in this way.

SET-UP AND ENVIRONMENT

Set-up:

- Most of the *Seek for Children* experience can be accomplished with the children seated on the ground or in chairs.
- You will need a projector or TV and a sound system for the videos. All of the videos can be streamed or downloaded in an .mp4 format through the links found in the Content.
- Each child will need a *Seek* Backpack or user created bag, as well as supplies listed in the Sessions below, purchased separately. The Backpack contains a custom printed Guide Book and bandana. If you did not purchase the *Seek* Backpack, we encourage you to create your own bags for the children, to include the printable Guide Book and bandana, so they have a place to attach the printable adventure badges.
- Name tags are helpful, especially for the first few Sessions. You could invest in some that you keep throughout the process or use disposable ones. Either way people will appreciate the ease they provide.

Environment:

- The external space informs our internal space. When children walk into a room and it is well put together and inviting, it says they matter, and someone prepared for them. If possible, gather a team of creatives to make a fun environment.
- With the adventure theme you can add posters or sets with painted mountains and trees with various wild animals. You can also set up tents or adventure gear around the room. Encourage your leaders to dress as adventure guides in their best mountaineering gear. You may also consider introducing the Session theme with signs or posters. You can use the adventure badges for inspiration. Printable PDFs can be found in the Content.
- As children arrive, consider playing some background music to set the tone. Make a playlist with the *Seek* theme song and other Christian music. Walking into a room with light music playing sets a festive and reflective atmosphere.

A FEW TIPS

- Limited facility space may be a challenge. The children Sessions can be done together in a large group in one room or in many small groups in different rooms. You may all be able to gather in the church for the closing prayer experiences.
- Snacks and hospitality are always appreciated by both parents and children. You may consider serving snacks at the end of the event to encourage families to stay and visit with one another. The snack table can also be a creative part of the Session. Set up a simple and fun snack area with the sign “God’s love is a buffet!” with an ice cream sundae bar. Include different ice creams, toppings, and syrups. You may also consider “Dip into God’s Goodness” and offer veggie sticks with ranch dressing or “More and S’more of God’s Blessings” with cups filled with mini marshmallows, chocolate chips, and teddy grahams.
- *Seek for Children* has been most successful when Sessions are run every 2 weeks over 2 months, which keeps the momentum up. Alternately, it can be run once a month for 4 months, each week for 1 month, or 4 nights in row, however it will work best for your community. We do not recommend running all the Sessions in 1 day as the content needs time to be integrated and the community time to develop.
- It can also be run multiple times a year or multiple nights to be available to families when it is best for them.
- *Seek* can also be used as a VBS camp over the summer in the evenings.
- Less is usually more, especially in the beginning. Put your efforts into making each Session a quality experience for the families. Fewer well done experiences will help the families schedules and will leave them wanting more.
- Even with plenty of reminders, participants may forget their Backpacks/bags. You may choose to purchase a few extra supplies to have on hand.
- Depending on the size of your groups you may finish earlier than the parents. You can play the game or return to the activity, introduce a new game, or introduce the essential prayers for the journey found on the back cover of the children’s Guide Books.

ACCOMPANIMENT TEAM NEEDS

Catechist:

- As a catechist you will be leading and guiding the children in their Sessions. This will include playing games, having conversations with your small group, managing group dynamics, and providing a safe trusted space for the children to feel a part of.
- How you lead, your encouragement and your undivided presence, will be your greatest gift.
- You may have other helpers joining you, including older children. Make sure they understand the Sessions ahead of time and what you expect from them. This will ensure a better experience for all.
- The *Seek for Children* videos will be the voice of the Sessions. You will be the hands that help it come alive.
- You will be assigned a group of children to journey with. You will be the glue that holds the small group together. Your leadership will be the uniting force experienced through shared conversations, the understanding of your faith, and the witness of your own life experiences.

Hospitality:

- Hospitality is about much more than setting out cookies and water bottles. Great hospitality is the root for the growing that will take place. Having a team that interacts well together, and welcomes you into their community, will help the families get comfortable almost immediately. This will produce greater engagement in the Sessions.
- Children are visual learners, let the room speak to them as well as the content. The adventure theme will be felt by adding posters with mountains and trails. Used Christmas trees can become a simple forest and a few logs surrounded by a couple chairs will feel like a campfire. Get a team of creatives together to bring your setting to life. Even a few visuals will have a big impact on the children. Encourage leaders to dress outdoorsy/camping style to add to the experience.