

# MEETING IN A MINUTE

## What is the Meeting in a Minute?

The Office of Catholic Youth's Meeting in a Minute offers youth ministers quick access to complete youth group meetings which include themes, activities, guide for talks, discussion questions, challenges and prayers. Whether one just needs ideas for their own programming or an instant meeting to use with youth, the Meeting in a Minute resource is the place to begin such a search.

## How are meetings structured?

Meetings follow the liturgical calendar and as such, themes are generally related to the Sunday Mass readings and/or important occasions in the Church. Meetings are designed to run for approximately an hour and a half and are comprised of five basic components:

**WELCOME** This section builds a sense of community and focus among all youth that are present.

The youth minister organizes and leads the following:

**WELCOME** – Greet all who are present

**ICEBREAKER** – Lead an icebreaker to lower anxieties among members of the group (Refer to the OCY online icebreaker resource for ideas)

**OPENING PRAYER** – Lead an opening prayer

**THEME INTRODUCTION** – Briefly introduce the theme that will be covered in the meeting

**ENGAGE** This section invites young people to begin thinking about the theme, drawing on their experiences or knowledge of it, through participation in the activity provided.

**TEACH** This section further builds on young people's knowledge of the theme. The youth minister gives a talk on the theme, making connections between youth's experiences, scripture and the teachings of the Church. Key points to address in the talk are given in each resource.

**APPLY** This section allows youth to apply the concepts they have explored to their personal lives. It has two components:

**DISCUSSION** - Youth discuss assigned questions that relate the theme to both themselves and the world

**CHALLENGE** – Youth are given challenges to attempt on their own that promote ongoing reflection and application of the theme

**CONCLUDE** This section concludes the meeting in prayer asking for God's

intercession and blessing.

### **How do I use this resource effectively?**

As meeting themes are often related to Sunday scripture, it is recommended that the resource be used for youth ministry meetings held after (or in the days following) the celebration of Sunday Mass. This will provide youth a scriptural base for their exploration of the topic.

As with any youth ministry resource, youth ministers are not only encouraged to use them as needed, but to also look for ways to adapt the resource to better meet the needs and character of their own group.