



St Brendan's Youth Apostolate  
Bellingham, MA

Dear Parents,

This newsletter is for you...to let you know what's going on at Life Teen...to provide you with articles on teen culture that we come across... to keep you up to date with St. Brendan's Youth Apostolate.

In the DECLARATION ON CHRISTIAN EDUCATION Pope Paul VI teaches that "Parents...have the primary and inalienable right and duty to educate their children". He also says that "in a special way, the duty of educating belongs to the Church, not merely because she must be recognized as a human society capable of educating, but especially because she has the responsibility of announcing the way of salvation to all men, of communicating the life of Christ to those who believe..."

You can read the whole document here:

[http://www.vatican.va/archive/hist\\_councils/ii\\_vatican\\_council/documents/vat-ii\\_decl\\_19651028\\_gravissimum-educationis\\_en.html](http://www.vatican.va/archive/hist_councils/ii_vatican_council/documents/vat-ii_decl_19651028_gravissimum-educationis_en.html)

We are here to work with you as you guide your teens through these sometimes difficult years toward adulthood.

Life Teen is an international model of youth ministry which seeks to lead teens into a deeper relationship with Christ and His Church. For more information on Life Teen visit <http://www.lifeteen.com/>

Please feel free to join us for any event or Life Night!

Events and Activities for November

Sat, Nov 6 – Sun, Nov 7

Fall Fair @ St. Brendan's  
8:45 am-4:00 pm  
The youth group runs the games booths...  
We need lots of teens to help us cover all the hours ☺

Sun, Nov 7

NO LIFE TEEN TONIGHT (fall fair cleanup)  
There will still be a 5:30 Mass ☺

Fri, Nov 12

The "R" Father Book prayer meeting (chapter 5)  
7:00-9:00 @ St. Brendan's

Sat, Nov 13

Extreme NORTH, St. Adelaide's, Peabody, MA  
Meet at St. B's at 5:00 pm, home around 11:00 pm  
Cost - \$10.00

[http://www.extremenorth.org/download\\_permission\\_slip\\_here:](http://www.extremenorth.org/download_permission_slip_here)  
<http://stbrendanteenpage.org/home.html>

Sat, Nov 20

Pro Life Mass & Rosary  
St. Stephen's, Framingham, MA  
Leave St. B's at 7:00 am

[download permission slip here:](http://stbrendanteenpage.org/home.html)  
<http://stbrendanteenpage.org/home.html>

Wed, Nov 24

Thanksgiving Mass 7:00 pm  
Pizza after Mass ☺

Fri, Nov 26

The "R" Father Book prayer meeting (chapter 6)  
7:00-9:00 @ St. Brendan's

Upcoming Life Nights

Sunday, November 7

No Life Teen Tonight...the hall is being cleaned up from the fall fair. Please join us for 5:30 Mass!

Sunday, November 14

"Domino Effect"  
Solidarity & Social Sin

Sunday, November 21

Lectio Divina (Divine Reading)  
Listening to God in Scripture

Sunday, November 28

"Global Village"  
Promoting the Culture of Life Globally

Sunday, November 28 – Advent begins!

We pray and wait for our Lord...  
coming at Christmas in the manger...  
coming into our hearts daily...  
coming again in Glory!  
Maranatha...Come Lord Jesus!

Upcoming Events

Adopt-a-Family Saturday, December 11

Each year at Christmas the youth group shops and wraps for local children who would otherwise not have gifts on Christmas. This year we will again sponsor 3 children through the Adopt-a-Family program in Woonsocket. (Suggested family donation for this event is \$25.00, however, if that is a financial hardship, any amount is greatly appreciated. Also, teens are encouraged to participate in shopping and wrapping even if they cannot contribute financially ☺)

Coat Drive after Christmas (this is our corporal work of mercy to "cloth the naked")

March for Life in Washington DC

Fri, Jan 21 – Tue, Jan 25

**Total cost - \$225.00** (\$100.00 for transportation and lodging, \$125.00 for food and Metro Pass in DC)

\*\* We are able to keep the cost low because we get scholarship money from pro lifers who want our teens to have the opportunity to experience this amazing event!

**Deposit - \$50.00 - due Nov 7** (we need deposits so that we can make hotel and van reservations)

St. Brendan's Youth Apostolate exists by the Grace of God to lead teens closer to Christ through catechesis, service, and the sharing of our lives. Prayer and the Sacraments are at the heart of this ministry.

All teens in grades 8 through 12 are welcome.

Youth Mass – Sundays @ 5:30

Life Night – Sundays 6:30-8:45

Social and Service activities as announced. Please check our website regularly for posting of events.  
<http://stbrendanteenpage.org/>

For more info call:  
Cheryl Duran 508-954-9109-cell  
Jim Duran 508-954-9134-cell

We also have a dedicated group of young adults on our core team who work with us to share the love of God with teens.

## **Powerful Forces for Early Teens**

### **Changing hormones and peer pressure have an enormous effect on teen behavior**

#### **Tips for Parenting Teens**

**by Dr. James Dobson, Ph. D.**

Isn't there some way to avoid the stresses associated with the adolescent voyage? Not with some teenagers, perhaps the majority. It happens in the most loving and intelligent of families. Why? Because of two powerful forces that overtake and possess boys and girls in the early pubescent years. Let's talk about them.

The *first* and most important is hormonal in nature. I believe parents and even behavioral scientists have underestimated the impact of the biochemical changes occurring in puberty. We can see the effect of these hormones on the physical body, but something equally dynamic is occurring in the brain. How else can we explain why a happy, contented, cooperative 12-year-old suddenly becomes a sullen, angry, depressed 13-year-old? Some authorities would contend that social pressure alone accounts for this transformation. I simply don't believe that.

The emotional characteristics of a suddenly rebellious teenager are rather like the symptoms of premenstrual syndrome or severe menopause in women, or perhaps a tumultuous midlife crisis in men. Obviously, dramatic changes are going on inside!

Furthermore, if the upheaval were caused entirely by environmental factors, its onset would not be so predictable in puberty. The emotional changes I have described arrive right on schedule, timed to coincide precisely with the arrival of physical maturation. Both characteristics, I contend, are driven by a common hormonal assault. Human chemistry apparently goes haywire for a few years, affecting mind as much as body. Everything from sexual passion to aggressiveness is motivated by the new chemicals that surge through an adolescent's veins.

I indicated that two great forces combine to create havoc during adolescence, the first hormonal in origin. The other is social in nature. It is common knowledge that a 12- or 13-year-old child suddenly awakens to a brand-new world around him, as though his eyes were opening for the first time. That world is populated by peers who scare him out of his wits. His greatest anxiety, far exceeding the fear of death, is the possibility of rejection or humiliation in the eyes of his peers. This ultimate danger will lurk in the background for years, motivating him to do things that make absolutely no sense to the adults who watch. It is impossible to comprehend the adolescent mind without understanding this terror of the peer group.

Why have I reminded you of the world of adolescent power? Because your teenagers are knee-deep in it right now. That is why they are nervous wrecks on the first day of school, or before the team plays its initial game, or any other time when their power base is on the line. The raw nerve, you see, is not really dominance, but self-esteem. One's sense of worth is dependent on peer acceptance at that age, and that is why the group holds such enormous influence over the individual. If he is mocked, disrespected, ridiculed or excluded — in other words, if he is stripped of power — his delicate ego is torn to shreds. As we have said, that is a fate worse than death itself. Social panic is the byproduct of that system.

Now, what about your sons and daughters? Have you wondered why they come home from school in such a terrible mood? Have you asked them why they are so jumpy and irritable through the evening? They cannot describe their feelings to you, but they may have engaged in a form of combat all day. Even if they haven't had to fight with their fists, it is likely that they are embroiled in a highly competitive, openly hostile environment where emotional danger lurks on every side. Am I overstating the case? Yes, for the kid who is coping well; but not for the powerless young man or woman...

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**(Over the next couple of months we will look at ways to help parents cope with these special stresses of the adolescent years that have been beneficial to many families. For the first article in this series please see the October Parent Newsletter at <http://stbrendanteenpage.org/home.html>)**