



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

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!

Yup...it's that time of year! Back to school, sports, dance classes, after school activities, part time jobs...the list goes on! Ah, September...no more lazy routine-free days! We're back to up and out early, homework, special projects, running to get to the bus or carpool on time, grabbing a pop tart on the way out the door in the morning ☺

Another part of this time of year is the Life Teen kick off event on Sun, Sept 19. This semester we will be digging into what the Church teaches about Social Justice.

We have experienced that when teens are part of a loving faith community where they can pray and share together with other teens, it makes everything in the first paragraph easier for them to deal with ☺

We have lots of stuff planned to offer spiritual, social, and service opportunities for the teens of St. Brendan's to be in community together!

Fri, Sep 10

Extreme East, LaSalette Shrine, Attleboro, MA
Leave St. Brendan's @ 5:30 pm
Return around 11:00 pm
Cost: \$10.00
Permission slip required
you can print a general permission slip at <http://stbrendanteenpage.org/>

Tue, Sep 14

LIFT, Fontbonne Academy, Milton, MA
Leave St. Brendan's @ 5:45 pm
Return around 10:30 pm
Permission slip required
you can print a general permission slip at <http://stbrendanteenpage.org/>
Visit the LIFT website at <http://liftedhigher.com/>

Sat, Sep 18

Pro Life Mass & Rosary, St. Stephen's, Framingham
Leave St. Brendan @ 7:00 am / return around 11:00 am
Permission slip required
you can print a general permission slip at <http://stbrendanteenpage.org/>

Fri, Sep 24

The "R" Father Book prayer meeting (chapter 2)
7:00-9:00 @ St. Brendan's

Sat, Sep 25

Davis Mega Maze Trip! Spencer, MA
Leave St. B's @ noon
Cost: \$20.00
<https://www.davisfarmland.com/megamaze/index.html>
This place is AWESOME ☺
Permission slip required
you can print a general permission slip at <http://stbrendanteenpage.org/>

Parents are always welcome to join us ☺

Upcoming Life Nights

Sunday, September 19

Fall Kick Off Event!

"Lane Added"

This is a night to welcome new Life Teen-ers and give our veterans a chance to share what Life Teen has meant to them!

Sunday, September 26

"Give it Away, Now! - Thirst for Change"

This night is on the lack of clean water in the world. We will roll coins that we've collected for <http://waterinafrica.org/>

This night will be the introduction to our semester on Catholic Social Justice.

Important night for parents!
Thu, Sep 30, 7:00-9:00 pm
St. Brendan's Church Hall
Linda Thayer will be presenting to parents on the Massachusetts Health Curriculum Frameworks. Please join us for this important discussion on what teens in the public schools are learning about in Health Class.

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.

Teen Rebellion by Pam Woody

The topic of teen rebellion usually triggers some kind of emotional response. It can ignite fear in the hearts of parents who have children on the brink of adolescence; it can prompt both defensiveness and despair in the hearts of parents struggling through the teen years; and it can inspire a sigh of relief for parents who now have adult children. Whether your teen is opposing your authority or God's, rebellion is never easy to deal with.

Teen rebellion is behavior with a reason

Youth specialist Tim Sanford encourages parents to realize that children always do things for reasons. He explains that many times parents don't know the *real* reason behind a teen's behavior. He says, "God didn't make us random beings, so our behavior (even rebellious behavior) is stemming from a reason. It's important to get to the 'itch' (core reason) behind the 'scratch' (outward behavior or attitude)." Whether dealing with basic issues such as respect or complex issues such as at-risk behavior, parents sometimes struggle to understand the difference between healthy teenage autonomy and blatant teen rebellion. What looks like rebellion may actually be a teen's natural "itch" for greater independence.

Why is my teen struggling?

In his book *Losing Control & Liking It*, Sanford offers some explanation about the struggles most parents face with their teens. He writes:

Your teenager is in the process of moving away from you. Therapists have a term for this: *developmental individuating*. It means your child is doing the following:

- disconnecting
- leaving the nest
- launching out
- becoming his own person
- growing independent
- becoming a free moral agent

These phrases sound nice and inviting when they crop up on a psychology test covering the "developmental theories" chapter. But they don't always sound so positive and gentle when they're lived out in your family room or kitchen.

Still, the theory is right: Your teenager is separating from you and gravitating toward his or her peer group. This process is normal, natural and necessary. Fight it and you'll lose. The solution is to work with it as well as you can — by understanding what's yours to control and what isn't.

What can I do during this season?

The realization that your teen is "in the process of moving away from you" carries with it a blend of panic and relief. There's panic in feeling a loss of control, and there's relief in knowing that your teen is in healthy pursuit of an independent adult life. Recognize that you're not alone in your struggles as a parent during this process, and be open to seeking outside support or counsel.

Focus on finding what hurt motivates the rebellion in your teen, then commit to prayer and forgiveness as the first steps in restoration.

Dr. Dobson, founder of Focus on the Family, encourages parents, "Don't panic; stay on your child's team, even when it appears to be a losing team, and give the whole process time to work itself out."