



Welcome to Holy Cross L.I.F.T.:
Living In Faith Together!
Come and explore our opportunities for teens!

Our 2021-2022 year of programming will begin soon! Thank you for showing an interest L.I.F.T. for your teen's faith formation!

L.I.F.T. is Holy Cross's teen programming. It stands for Living In Faith Together, bringing teens together as they grow closer to God. L.I.F.T. also focuses on social justice and the works of mercy, emphasizing the "togetherness" of our larger community.

Jr. High Youth Group: 7th and 8th Graders

Our Jr. High Youth Group usually meets on Sunday nights from 6:30 to 8:00 during the school year. This group is centered on young teens who are entering an important part of their lives- their adolescence.

This is an incredible time of independence, of exploration, and of social growth. This can also be a challenging time for many of our teens. They are growing so much, emotionally, spiritually, and physically, that they can feel overwhelmed by these changes. We are here to support our teens through this time while we help them to become engaged more deeply in their faith.

What do we do at Jr. High Youth Group?

Service

Prayer

Games

Bible Study

Find our purpose

Teen Connections



Come join us!

If you have any questions, please contact Andrea Swanson, the Director of Religious Education, at [503-206-8069](tel:503-206-8069) or email at aswanson@archdpx.com.

Thank you for your support and for encouraging your teen's faith formation! May God bless you!



Holy Cross's L.I.F.T.

Living In Faith Together

Jr. High Youth Group:

This is a weekly gathering of our 7th and 8th graders, exploring our faith while growing in relationship with God and with one another.

High School Youth Group:

This is a weekly gathering of our high school students. We have highly engaging activities, using fun and energy to help us learn about our faith.

Confirmation Preparation:

This is the structured, weekly sacramental preparation for high school students to make their final sacrament of initiation: Confirmation.

L.I.F.T. Nights are energetic, fast-paced nights where our jr. high and high school youth groups come together with an engaging theme. We have these once a month and the high school students lead the jr. high students throughout the night.

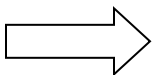
Expectations of Catholic Families:

Thank you for registering your teens for their classes! We look forward to working with your family to build faith and an increasing understanding of our Catholic heritage!

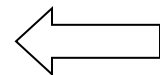
To be successful with your teens and to ensure that they become faithful, joyful Catholic adults, we need YOU! We encourage you and your family to:

- Attend weekly Mass (or your faith service) **each** Sunday. (This is vital to your family's faith development!)
- Attend youth group and parish events regularly.
- Pray together each night and before meals (and any time!!). Good prayers to be familiar with: Our Father, Hail Mary, and Glory Be.
- Encourage your children to ask questions. If you don't know answers, find the answers together.
- Celebrate the faith! Read stories about the saints, about Mary, about Jesus.
- Celebrate the holy days and feast days with your family. (Children LOVE tradition!)

But, the most important thing that you can do...



- **Continue to actively strengthen your own faith life!**



Your teens will follow your example. If they see you pray, they will be more likely to pray. If they see you reading books about saints, holy people, faith, etc., they will be more likely to learn, too. You are the foundation of your family's faith journey!

We very much look forward to building our community of faith together! God bless you!



Holy Cross Catholic Church

L.I.F.T. Jr. High Youth Group



2021-2022 Registration Form

Please fill out as fully as possible – this information is for church and safety records and will not be shared with others.

Teen's full legal name _____

Name teen goes by (if different than above) _____

Male or Female School attending _____ Grade _____

Birth date and city: _____

Parents/Guardians responsible for student:

Email Address _____

Mailing address (w/ zip code):

main phone number _____ other phone # _____

Allergies? _____

Is your family registered at Holy Cross Parish? yes no

If this applies to your family, which Mass do you attend each Sunday?

5 pm Vigil 8 am 10 am 12 pm n/a

Check, if any, the sacraments for which your child needs preparation:

_____ Baptism _____ First Reconciliation _____ First Holy Communion

If your teen has a friend who would like to join our jr. high youth group, please invite them to join!
(Teens do not have to be Catholic to be a part of Youth Group!)

We will reach out to you ASAP about when our Youth Group will begin in the fall!

If you have any questions, please contact Andrea Swanson, the Director of Religious Education, at [503-206-8069](tel:503-206-8069) or email at aswanson@archdpdx.com

Come and join our junior high youth group!

Holy Cross Religious Education
THE FOLLOWING MUST BE COMPLETED FOR ALL NEW AND RETURNING FAMILIES:
2021-2022

My signature below authorizes Religious Education to give such attention as may be thought necessary by the physician/medical advisor in charge in case of emergency, and I cannot be reached. I also realize that local police or paramedics may be called, in certain circumstances in order to assure emergency treatment. I also authorize the taking of photographs and/or video tapes of my child(ren) attending Youth Group events.*

Name of Student(s): _____ Date: _____

Doctor: _____ Allergies? _____

Doctor's Address: _____ Doctor's Phone: _____

Parent's names: _____
Mother Father Signature of Mother or Father

Home Phone: _____ Cell Phone: _____ Email _____

Out of state contact in case of a disaster: Name _____ Phone _____

ONE FORM PER FAMILY

*Periodically photographs and/or videotapes are taken of Religious Education events to be displayed as posters on the church property or to update the parish webpage.

Transportation Plan for my Teen:

When teen attends youth group, their main form of transportation is:

- Our family car
- Carpool
- Bike
- Walking
- Bus

I give _____ permission to drive my teen home.

- I give my teen permission to walk or bike home without a parent present.

Parent Signature: _____ Date: _____