

7th Grade Mini-Course Descriptions for 2024-2025

Fall/Winter 2024

Session 1: Making Good Choices

Everyone has heard the expression “What Would Jesus Do?” – Well, is it really that simple? This mini course will give teens the opportunity to talk about the things that impact their lives and the choices that they have to make every day and ask them to consider those choices through the lens of their Catholic Faith.

Sundays 6:30 – 7:30pm
October 6, October 13, October 20,
October 27, November 3

Session 2: Ten Commandments

How do the 10 Commandments apply to your life today? This course hopes to re-introduce you to the 10 Commandments. In addition to looking at what each Commandment says, teens will be encouraged to update each Commandment so that it is easily understood in the language of today’s teenagers.

Wednesdays 6:30-7:30pm
October 9, October 16, October 23,
October 30, November 6

Session 3: Conversations with God

Prayer is central to the development of a deep faith. This mini-course will introduce youth to various forms of prayer. It will include traditional prayer, time in the church to appreciate the sacredness of holy places, and an opportunity to explore how technology can be used to support a healthy prayer life.

Mondays 6:30-7:30pm
November 25, December 2, December 9,
December 16, January 6

Winter/Spring 2025

Session 4: Conflict Resolution

Learning how to solve problems and deal with conflict can be very difficult for many especially teens & preteens. This course will look at conflict resolution from a Christian perspective. How should our identity as Catholic Christians help us to respond in difficult and stressful times.

Wednesdays 6:30 – 7:30pm
January 15, January 22, January 29,
February 5, February 12

Session 5: A Closer Look at the Lord’s Prayer

You know the words. You pray the prayer. But have you ever stopped to take a closer look at the Our Father? Ever wondered what one or more of the words means? Or considered how the Lord’s Prayer became so central to our faith? This course will break open the Lord’s Prayer to offer participants a deeper understanding of the prayer and how it can impact their lives today.

Sundays 6:30 – 7:30pm
February 23, March 2, March 9,
March 16, March 23

Session 6: The Mass and Me

This mini course will take a closer look at our Mass, including the rites, prayers, and traditions that make up the Celebration of the Eucharist with the hope that teens will feel more connected and enriched when they attend Liturgy. **Please note this course will be held at St. Joseph’s. Youth will attend Mass, discussion will follow after mass.**

Mondays 6:00 – 7:00pm
March 3, March 10, March 17,
March 24, March 31,

Safe Environment Training (required annually) – Additional Information about this Training will be coming. There will be a series of dates for youth to select from to complete the training.