

CONQUEST



JUNIOR LEADERSHIP PROGRAM CYCLE C CAMPAIGN MANUAL



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Campaign Cycle C

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CAMPAIGN 1

OBEDIENCE

“The Ten Commandments
of God”

7-STEP WEEKLY MEETING AT A GLANCE

1	SETUP: CHECK-IN AND ARRIVAL TIME	
2	OPENING PRAYER	5 MIN
3	COMPETITIVE SPORTS OR DYNAMIC ACTIVITY:	30 MIN
4	SNACK BREAK: Q&A AND MID-MEETING POINT TALLY	10 MIN
5	FAITH & VIRTUE INSTRUCTION	30 MIN
6	ADULT/YOUTH LEADER TALK	10 MIN
7	CLOSING PRAYER	5 MIN

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Junior Leadership Program Campaign

~OBEDIENCE~

“The Ten Commandments of God”

***Note:** Program leadership should have the Father & Son / Junior Leadership Program Adult Leader Training Guidebook readily accessible during the meetings to assure strict adherence to the program methodology.

Obedience Campaign Patron Saint – St. Maximilian Kolbe



St. Maximilian Kolbe was born on January 8, 1894 in Poland. One night as a child he saw the Virgin Mary, who offered him a life of purity or a death as a martyr. Out of obedience, he chose both. He was ordained a priest in 1918, and traveled as far as Japan doing missionary work. He organized the Militia Immaculata, or Army of Mary, to work for conversion of sinners and enemies of the Catholic Church, specifically the Freemasons, through the intercession of the Virgin Mary. The friars utilized the most modern printing and administrative techniques in publishing catechetical and devotional tracts, a daily newspaper with a circulation of 230,000 and a monthly magazine with a circulation of over one million. Kolbe also used radio to spread his Catholic faith and to speak out against the atrocities of the Nazi regime. When World War II broke out he was again in Poland, and he provided shelter to refugees from Greater Poland, including 2,000 Jews whom he hid from Nazi persecution in his friary. He was arrested and sent to the concentration camp at Auschwitz. He followed the rules, as difficult as it was out of obedience. When three prisoners tried to escape the camp and were caught, ten prisoners were selected to die. One of the ten cried out for his family and his children, and Fr. Kolbe volunteered to trade places with that man and died in his place. In the starvation cell, he celebrated Mass each day and sang hymns with the prisoners. He led the other condemned men in song and prayer and encouraged them by telling them they would soon be with Mary in Heaven, if they were obedient and did not give up their faith. Each time the guards checked on him, he was standing or kneeling in the middle of the cell and looking calmly at those who entered. After two weeks of dehydration and starvation, only Kolbe remained alive. They finally killed him by injecting him with poison. St. Maximilian Kolbe is a great role model for us to live the virtue of obedience to God's will, following the Ten Commandments, and even going further by laying down his life for another.

VIDEO: A video “The Story of St Maximilian Kolbe” can be found on the Adult Leader USB drive.

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WEEK 1 (CAMPAIGN 1)

1. SET-UP, CHECK-IN AND ARRIVAL TIME

- Make sure the boys turn in the Conquest member commitment cards at this time each week.
- Please see the “Check-In and Arrival Time” section of Chapter 6 in the Father & Son / Junior Program Adult Leader Training Guidebook for assistance.

2. OPENING PRAYER

- Dear Lord, thank you for everything you have given to us, especially our families, our friends and Conquest. Please help us to grow in the virtue of **OBEDIENCE** so we can become more like you in all that we say and do. We also ask Mary, our tender, loving Mother in heaven and St. Joseph to pray for us this day. May we all show respect and kindness toward each other and have an enjoyable meeting. We ask this through Christ Our Lord. Amen.
 - Christ Our King. Your Kingdom Come!
 - Mary, Queen of the Family. Pray for us!

Point Tally

- An ongoing tally of points is shared with the participants at the beginning, middle and end of each meeting time.
 - Program leadership should briefly announce the updated scores among squads beginning with 4th place and continuing to 1st place.
 - Make sure to use the Conquest Points Tracker Poster each meeting to keep tally of the points.
- The points system is a simple, yet vitally important element of the program methodology as it serves to keep the competitive, motivational environment enlivened at all times.

Transition to Competitive Sports

- Please see “Transition Times” section of Chapter 6 in the Father & Son / Junior Program Adult Leader Training Guidebook for assistance.

3. COMPETITIVE SPORTS OR DYNAMIC ACTIVITY

- Competitive Sports or Dynamic Activity (See Appendix II - Ideas) are a vital part of our program. It is within this segment that the boy experiences fun and physical activity in a structured and healthy environment. Reward is given for effort, courage, and team work, as well as, sportsmanship, respect, self-discipline and more.

Code Checks

- Code Checks are an essential part of the Father and Son Program and they should be conducted during the competitive sports or dynamic activity. They serve as a viable means by which each boy is continually being reinforced and challenged in the area of virtue development in his life. See Chapter 5 in the Father & Son / Junior Program Adult Leader Training Guidebook for assistance.

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4. SNACK AND MID-MEETING POINT TALLY

- It is suggested to have a mid-meeting snack period during the meetings. Here, families are encouraged to take turns in providing a simple snack (i.e. water and pretzels, milk and cookies, chips and juice). A meal prayer is said before the snack time and after the snack time. Boys receive and consume their snack in an orderly fashion within their squad.
- Typically, the squad with the highest number of points at the beginning of the meeting will receive their snack first, followed by second, third and so forth. A competition for cleanest area after the snack should be implemented, as well as, points for self-discipline, order and more. This is a good time for Program Leaders to also do a mid-meeting tally of points so as to maintain maximum motivation in the boys.
- Snack time is also a good time to less formally quiz boys on particular faith related topics such as liturgical feast days, mysteries and/decades of the rosary, various trivia and memorization items involving the 10 commandments, liturgical feast days and the like. The snack time should take no longer than 10 minutes.
- As snack time is ending, program leadership should briefly announce the updated scores among squads beginning with 4th place and continuing to 1st place.

5. FAITH AND VIRTUE INSTRUCTION

- Rosary: Start by praying a decade of the Rosary. This campaign we will pray the “Joyful Mysteries”. We will pray the first Joyful Mystery, the “Incarnation of the Son of God.” Choose a boy to lead, and pray together - 1 Our Father, 10 Hail Marys, and 1 Glory Be.
- Quiz the boys on the names of all 5 decades of the Joyful Mysteries and reward points for correct answers.
 1. The Incarnation of the Son of God
 2. Our Lady visits her cousin Elizabeth
 3. The Nativity – The birth of our Lord Jesus
 4. The Presentation of our Lord in the Temple
 5. The Finding of Jesus in the TempleWhat days are the Joyful Mysteries prayed? - (Mondays and Saturdays)
- Please see “Transition Times” section of Chapter 6 in the Father & Son / Junior Program Adult Leader Training Guidebook for assistance.

Obedience Defined

- Try my absolute best to listen to and do all that my parents ask of me right away and without complaining.

Weekly Virtue Focus

- **WEEK 1 – Obedience – with God**
 - Give the boys some concrete examples of living this virtue in their daily lives.
 - I will be **obedient** to God by learning the Ten Commandments by heart, so I know what is right and wrong.
 - I will be **obedient** to God by always confessing my sins and being truly sorry.

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- I will be **obedient** to God by always fasting one hour before mass by not eating anything, chewing gum, or drinking anything but water (if I receive Communion.)
- I will be **obedient** to God by learning how to be like Jesus by reading stories from the Bible.
- Ask the boys for their own examples.

Live Virtue at Home

- Choose one of the examples above to have the boys work on throughout the week at home. Ensure that you stop (or ask another dad) and take the time to write that commitment on their on their Conquest member cards before giving them back to the boys. Remind the boys to tell their parents their daily commitment to earn points at home.

Faith and Virtue Instruction Reading

- **The Ten Commandments of God (St. Joseph Picture Book)**
 - **Read pages 1-15**
 - For point distribution, please review the “Faith and Virtue Instruction Time” section of Chapter 6 in the Father & Son / Junior Program Adult Leader Training Guidebook.

Question and Answer Session

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1. True or False? God loved the people of Israel so much, that he freed them from their slavery in Egypt. **A: True**
2. God told Moses to have the people do what for three days? **A: Wash themselves and pray**
3. What was the name of the mountain that God told Moses to climb alone? **A: Mount Sinai**
4. What did God reveal/give to Moses on top of the mountain? **A: The Ten Commandments**
5. Are we to always be completely obedient to the Ten Commandments? **A: Yes**
6. The first three commandments spoke of how we should treat who? **A: God**
7. The other 7 commandments spoke of how we should treat who? **A: Others or each other**

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8. What were the Ten Commandments written on? **A: Two tablets of stone**
9. Who can name all of the Ten Commandments? **A: (see page 4)**

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10. Fill in the blank...The two most important commandments are: “You shall love the Lord your God, with your whole _____, and _____, and _____?” **A: heart, soul, strength**
11. True or False? If we keep those two commandments, then we are sure to keep all of the other commandments. **A: True**
12. What is the “Golden Rule?” **A: to do unto others what we would want them to do to us.**

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13. Name the first commandment. **A: I am the Lord, your God. You shall not have strange gods before Me.**
14. Fill in the blank: God had freed His people from their slavery and was now leading them to the land flowing with _____ and _____. **A: milk, honey**

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15. Name some of the things people treat as false gods? **A: money, fame, sports, video games, TV, etc.**
16. True or False? We should pray to the Lord every morning and every evening, so that we always remember that God is the center of our lives. **A: True**

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17. Name the second commandment. **A: You shall not take the name of the Lord, our God in vain.**
18. True or False? Cursing, swearing or saying bad words does not break the 2nd commandment? **A: False**
19. Do you think saying “Oh my God!” or “OMG!” is breaking the 2nd commandment? **A: Yes**
20. True or False: If you are given a nice rosary, and you leave it outside and it rusts and breaks, it is ok to just throw it away. **A: False – holy items (especially blessed) needs to be buried, not thrown in the trash.**

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21. Name the third commandment. **A: Remember to keep holy the Sabbath**
22. During creation, what day did God rest? **A: on the seventh day**
23. What day does the Jewish people observe the Sabbath? **A: Saturday**
24. Why do we as Christian Catholics observe the Sabbath on Sunday? **A: That’s the day Jesus rose from the dead**
25. What should we avoid doing on the Sabbath or Sundays? **A: Unnecessary work**
26. Is it a mortal sin to miss Sunday Mass? **A: Yes, unless you are sick or other circumstances outside of your control (example: you intend to go but your parents can’t take you)**

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27. Name the fourth commandment. **A: You shall honor your father and your mother.**
28. Name some things that we should not do, things that disrespect our parents. **A: talking back, mouthing off, not listening to them, forgetting to do things we are asked, not complaining, etc.**
29. True or False? We should also respect our grandparents by writing or calling them when we can. **A: True**

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30. Name the fifth commandment. **A: You shall not kill.**
31. True or False? Human life is sacred from the very first moment that a baby exists in the mother’s womb until that person dies. **A: True**
32. True or False? You don’t have to actually kill someone to break the 5th commandment. If I hit my brother or sister to hurt them because I am angry, I am breaking the 5th commandment. **A: True**
33. True or False? The 5th commandment also means that we need to take care of our physical health. **A: True**

6. ADULT AND/OR YOUTH LEADER TALK AND REFLECTION

- Tell a story about the virtue and use the scripture below for a quick reflection. Talks should never exceed 10 minutes in length in an effort to maximize the attention span of the boys.
- **Scripture verse for Week 1**
 - **Romans 5: 19**
 - “For just as through the disobedience of one person the many were made sinners, so through the obedience of one the many will be made righteous.”

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Point Tally

- Program leadership should briefly announce the updated scores among squads beginning with 4th place and continuing to 1st place. This serves to maintain motivation between meetings.

7. CLOSING PRAYER

- Dear Lord, thank you for all the gifts and blessings you have given us during our meeting today. Help us to live the virtue of **OBEDIENCE** with our families, our friends and our neighbors so we can be more like you. We also ask Mary to be with us. May she place her mantle of protection over us and lead us to her Son. We ask this through Christ Our Lord. Amen.
 - Christ Our King. Your Kingdom Come!
 - Mary, Queen of the Family. Pray for us!

Departure

- Program leadership must assure a safe and orderly departure from the meeting.
- A systematic plan should be established by which parents enter the facility to pick up their son from his squad.
 - A boy should not depart from his squad until his parents arrive.
 - A boy should never be released from a meeting to anyone other than his parents unless otherwise requested or authorized by the parents themselves.