

CONQUEST



FATHER AND SON LEADERSHIP PROGRAM CYCLE A CAMPAIGN GUIDEBOOK



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CONQUEST

Campaign Cycle A

1. **LOYALTY**

“Francis – The Knight of Assisi”

DVD video (4)

2. **PERSEVERANCE**

“Ben Hur – A Race to Glory”

DVD video (31)

3. **INTEGRITY**

“Bernadette – The Princess of Lourdes”

DVD video (58)

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“Patrick – Brave Shepherd of the Emerald Isle” DVD video

(84)

5. **RESPONSIBILITY**

“Juan Diego – Messenger of Guadalupe”

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CONQUEST

CAMPAIGN 1 LOYALTY

“Francis – The Knight of Assisi” DVD video

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

CONQUEST

Father and Son Leadership Program Campaign

~LOYALTY~

“Francis – The Knight of Assisi” DVD video

***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.

Loyalty Campaign Patron Saint – St. Francis of Assisi



He was born of wealthy family and had everything he ever wanted. He had luxuries and spent money foolishly but still had a heart for the poor people around him. His heart and love for the poor would ultimately be what he chose as opposed to the riches of his family.

One morning St. Francis was attending Mass and the Gospel of the day told how the Disciples of Christ were to possess neither gold nor silver, nor scrip for their journey, nor two coats, nor shoes, nor a staff, and that they were to exhort sinners to repentance and announce the Kingdom of God. Francis took these words as if spoken directly to him, and so soon as Mass was over threw away his shoes, cloak, pilgrim staff, and emptied his wallet. Having obtained a coarse woolen tunic, the dress then worn by the peasants, he tied it round him with a knotted rope. Francis went forth at once preaching the people of the country-side to penance, love, and peace. He was truly only happy doing the will of God. For St. Francis, he did not need material possessions to be happy; he only had to loyally follow Christ in poverty to find happiness in everything around him that represented Christ.

Upon his death, the saint, in imitation of his Christ, had bread brought to him and broke it. Then wishing to give a last token of detachment and to show he no longer had anything in common with the world, Francis removed his poor habit and lay down on the bare ground, covered with a borrowed cloth, rejoicing that he was able to remain loyal in the faith to the end. He is a great role model for us to live the virtue of loyalty to God and others every day of our lives.



VIDEO: A video “St. Francis of Assisi Biography” can be found on the Adult Leader USB drive.

CONQUEST

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 **LOYALTY** 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.

Loyalty Defined

- Faithfulness to God and to others.

Weekly Virtue Focus

- **WEEK 1 – Loyalty – with God**
 - Give the boys some concrete examples of living this virtue in their daily lives.
 - I will use **loyalty** to say my prayers faithfully every day and grow closer to God.
 - I will use **loyalty** to be faithful to my commitments on my Conquest member card every day.
 - I will use **loyalty** to take an extra minute out of the day and say hi to Jesus before I play.

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- I will use **loyalty** to trust in God even when I don't like something that is happening.
- I will use **loyalty** to focus on God in mass and not be unfaithful by distracting others.
- 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 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 Video

- **“Francis – The Knight of Assisi”** (*CCC of America video* © 2013)
 - **Show the first half of the video to approximately 15:12 on the counter**
 - For point distribution, please review the “Faith and Virtue Instruction Time” section of Chapter 6 in the Father & Son Program Adult Mentor Training Guidebook.

Question and Answer Session

0:00 ~ 5:00

1. Who do you think that the Pope dreamed about? **A: Francis**
2. What did Francis say he would become? **A: A knight and a king**
3. What did Bernard invite all the men to do? **A: To join the Pope and his Holy Crusades.**
4. How did Francis show Loyalty to the poor and needy? **A: By giving the old man alms (money)**
5. Was Francis showing Loyalty to his father and family by going to fight in the battle? **A: Yes**
6. What did Francis's mother give him for battle? **A: A crucifix**
7. What happened to Francis on the way to the battle? **A: He became sick and fell off his horse.**

05:00 ~ 10:00

8. What did God ask Francis to do? **A: To return home to Assisi**
9. **Did Francis show Loyalty to God by returning home?** **A: Yes**
10. Who was Francis being Loyal to, to God or to his father? **A: To God**
11. How did Francis then show Loyalty to his father? **A: By serving him in the marketplace**
12. Why was his father so upset in the marketplace? **A: Because Francis still showed Loyalty to the poor and God by giving them food for free and giving away expensive cloths**
13. What did God ask of Francis next? **A: To restore his Church**

10:00 ~ 15:12

14. What did Francis's father accuse him of to the Bishop? **A: Of stealing and going mad – out of his mind**

CONQUEST

15. How did Francis respond to this accusation? **A: He renounced his inheritance to be Loyal to God and gave his father back all of his gold and even clothes.**
16. What did Francis go around town trying to collect? **A: Stones to rebuild the Church**
17. What did Francis tell the dog? **A: To be kind to the kids, and maybe they will feed him**
18. Who kept Francis company while he rebuilt the Church building? **A: The animals**
19. What happened to Francis when the Church bell first rang? **A: He fell off of the roof**

STOP VIDEO at approximately 15:12 – After Francis’s father speaks to the Bishop

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**
 - **Sirach 15: 15**
 - “If you choose you can keep the commandments; it is loyalty to do his will.”

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 **LOYALTY** 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.

CONQUEST

WEEK 2 (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 **LOYALTY** 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

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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

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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 second Joyful Mystery, the “Our Lady visits her cousin Elizabeth.”
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)
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Loyalty Defined

- Faithfulness to God and to others.

Weekly Virtue Focus

- **WEEK 2 – Loyalty – with my parents**
 - Give the boys some concrete examples of living this virtue in their daily lives.
 - I will use **loyalty** to trust my parents when they tell me something is bad for me.
 - I will use **loyalty** to always listen faithfully to my parents when they ask me to do my chores.

CONQUEST

- I will use **loyalty** to show my mom how much I love her by giving her an extra hug every day.
- I will use **loyalty** to not complain about my parents to my friends.
- I will use **loyalty** to be nice and polite to my parents at dinner every night.
- 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 Video

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Question and Answer Session

15:12 ~ 20:00

1. What did Francis figure out about what God was really asking him to do? **A: Not to rebuild the Church building, but to bring people back to the Church and to God.**
2. What did Eduardo do to Francis when he came begging? **A: He mocked him and made fun of him and pushed him around**
3. What did Bernard do when Francis invited him to be rich in God’s love? **A: He renounced his title and all of his possessions and joined Francis’s group**
4. What did Francis propose to do with his group of followers? **A: To found a new religious order Loyal to God and to taking care of the poor and needy**
5. Who did Francis and his men visit in the caves? **A: The lepers**

20:00 ~ 25:00

6. What did the crowds demand of the mayor and Bishop? **A: To ban Francis and his followers from the town**
7. Where did Francis travel to and why? **A: To Rome to ask the Pope for permission to found a new religious order.**
8. What did the Pope say? **A: He denied the request, and said the rules of his order were too hard.**
9. Why did the Pope change his mind and give Francis permission for his new order? **A: He had a dream that Francis would help save the Church**
10. What did the Bishop invite Francis to do? **A: To preach in the Cathedral**
11. Did Francis’s father finally accept God’s will for his son? **A: Yes and showed Loyalty to his son by going to the Cathedral to listen to him preach.**

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12. BONUS QUESTION: Name some of the ways that Francis showed Loyalty to God during his life. **A: By praying, following what God was telling him to do, and trusting in God, even though he had to endure many difficulties, etc.**

At the end, you can read to all the boys the prayer of St. Francis:

The prayer of St. Francis

*Lord, make me an instrument of your peace,
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy;*

*O Divine Master, grant that I may not so much seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.*

*For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life.*

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 2**
 - **Sirach 40: 12**
 - “All that comes from bribes or injustice will be wiped out, but loyalty remains for ages.”

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.

CONQUEST

WEEK 3 (CAMPAIGN 1)

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

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2. OPENING PRAYER

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4. SNACK AND MID-MEETING POINT TALLY

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Loyalty Defined

- Faithfulness to God and to others.

Weekly Virtue Focus

- **WEEK 3 – Loyalty – in school with my teachers**
 - Give the boys some concrete examples of living this virtue in their daily lives.
 - I will use **loyalty** to not complain about my teachers with my friends.
 - I will use **loyalty** to always listen faithfully to my teachers when they ask me to do my school work.
 - I will use **loyalty** to show respect to my teachers at all times, and call them “sir” or “ma’am” even if I am homeschooled.

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- I will use **loyalty** to accept it when my teacher corrects me and try to do better the next time.
- I will use **loyalty** to bring my teacher something nice, such as an apple or a cookie.
- 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.

Poster Board “Virtue Picture” Presentations

- The purpose of the poster board “Virtue Picture” presentation is to help the boys further internalize the campaign virtue along with particular characteristics and knowledge of the video story.

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 3**
 - **Psalms 89: 2**
 - “The promises of the LORD I will sing forever, proclaim your loyalty through all ages.”

Point Tally

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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 **LOYALTY** 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.
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 -

SAMPLE ONLY

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WEEK 4 (CAMPAIGN 1)

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- 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 fourth Joyful Mystery, the “The Presentation of our Lord in the Temple.”
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.

Loyalty Defined

- Faithfulness to God and to others.

Weekly Virtue Focus

- **WEEK 4 – Loyalty – with my brothers and sisters**
 - Give the boys some concrete examples of living this virtue in their daily lives.
 - I will use **loyalty** to play nicely with my brothers and sisters, and share my toys.
 - I will use **loyalty** to respect my brothers and sisters, especially during dinner.
 - I will use **loyalty** to only say nice things about my brothers and sisters.

CONQUEST

- I will use **loyalty** to not complain about my brothers and sisters to my friends.
- I will use **loyalty** to be gentle with my younger brothers and sisters and to set for them a good example.
- 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.

Skits

- The purpose of the skit is to further help the boys internalize the particular campaign virtue by acting out the “Virtue Picture” from the previous meeting.

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 4**
 - **Psalms 89: 9**
 - “LORD, God of hosts, who is like you? Mighty LORD your loyalty is always present.”

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 **LOYALTY** 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!

CONQUEST

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.

SAMPLE ONLY

CONQUEST

WEEK 5 (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 **LOYALTY** 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.

CONQUEST

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 fifth Joyful Mystery, the “The finding of Jesus in the Temple.”
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.

Loyalty Defined

- Faithfulness to God and to others.

Weekly Virtue Focus

- **WEEK 5 – Loyalty – with my friends**
 - Give the boys some concrete examples of living this virtue in their daily lives.
 - I will use **loyalty** to play nicely with my friends and do what they want to do.
 - I will use **loyalty** to not get in arguments with my friends.
 - I will use **loyalty** to say something nice to each one of my friends this week.

CONQUEST

- I will use **loyalty** to not make mean jokes about my friends or call them mean names.
- I will use **loyalty** to share supplies with my friends at school, such as pencils or markers.
- 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 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.

Catechism Challenge (CatholicQuiz.com)

- Refer to Chapter #4 in the Father & Son Program Adult Mentor Training Guidebook. The Catechism Challenge is a formal question-and-answer session posing squad against squad. Ideally, you need to use the free annual membership to CatholicQuiz.com and setup the squads; you can have a live online competition between the squads. (Internet access is required).
- If internet access is not available, questions can be selected from those used during the informal question- and-answer sessions from weeks 1 and 2 as well as those provided at the end of this guidebook - Grades 1 & 2 Catechism questions are located in the appendices.

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 5**
 - **Psalms 89: 34**
 - “But I will not take my love from him, nor will I betray my bond of loyalty.”

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.

CONQUEST

WEEK 6 (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 **LOYALTY** 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 Mini- Apostolic Project

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

3. MINI-APOSTOLIC PROJECT

- It is important the last week of each virtue campaign to forgo the competitive sports segment to teach the boys about doing apostolic projects. Basically, bringing the joy of Christ to others.
- **Write a Letter to Pope Francis to show our LOYALTY**
 - Set Up Needs
 - Lined Paper
 - Address for Pope Francis
His Holiness, Pope Francis
Palazzo Apostolico Vaticano
1-00120 Cittadel Vaticano, Italy
 - Pens
 - Envelopes
 - Roster of program members with addresses

CONQUEST

- Preparation and process
 - Pass out paper to all the members
 - Give some instruction on the importance of good handwriting
 - Encourage the boys to take their time and pray about what to say to the Holy Father
 - Express to them that it is very likely that the Holy Father will either personally read the letters himself or have them read to him
 - Guide the boys through the following structure of writing the letter (for younger boys, they will most likely need the help of the dads – they can also color a picture)
 - Introduction
 - Name
 - Hometown
 - Family Status
 - Picture of family, pet, or other such photo that personalizes the letter or a colored picture in marker or crayon.
 - Interests
 - Talents
 - Member of Conquest
 - Thankfulness for his service
 - Assurance of prayers and support
 - Seek his prayers for personal vocation discernment, parents, siblings, extended family, program growth and more
 - Invitation for him to write back
 - Include return address
 - Close with “God Bless” or “In Christ” or “Sincerely Yours in Christ” or some other similar closing before name/signature
- Objective
 - For the boys to express themselves in a genuine, loving sincere way so as to bring great joy to the Vicar of Christ and therefore build up the Church
 - Each letter is very simply meant to bring a smile and ray of hope to Pope Francis
- Rules
 - All letters must be proof read by the program leader before being mailed out
 - If a boy is unable to complete the letter during the campaign meeting, he is able to take it home and bring it back the following week
 - The program director should collect all the letters, place them in a large envelope and take the responsibility of mailing it to the Rome.
 - It is meant to be each boys own unique letter to the Holy Father
 - All letters should be mailed within the following week if possible.
 - Points can be given for creativity, neatness, effort, timeliness and so forth during the work

CONQUEST

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.

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.
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- 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: This week pray the “Hail Holy Queen” prayer to end the campaign Rosary. Choose a boy to lead, and pray together:
Hail, holy Queen, Mother of Mercy! Our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this valley, of tears. Turn, then, most gracious advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb Jesus; O clement, O loving, O sweet virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen
- 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.

CONQUEST

Loyalty Defined

- Faithfulness to God and to others.

Weekly Virtue Focus

- **WEEK 6 – Loyalty – Review**
 - Go over the commitment the boys worked on each week over the course of this campaign and encourage the boys to maintain their loyalty even after this campaign is over.

Live Virtue at Home

- Collect the boys' Conquest member cards and award the appropriate points for their commitment completion, remembering the bonus points awarded for fulfilling the commitment every day without fail for the entire campaign.

Awards Day

- In the final week of each 6 week campaign, the efforts of squad members are recognized through the presentation of awards which are intended to be highly motivational. They can be religious, athletic, edible, or other form, but they must be meaningful.

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 6**
 - **Psalms 89: 2**
 - “For you said, ‘my love is established forever; my loyalty will stand as long as the heavens.’”

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 **LOYALTY** 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.
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CONQUEST

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SAMPLE ONLY