

FORMATION PROGRAM FOR YOUFRA

(The following program is merely orientative in nature)

a. Initiation

Aim

To help the young listen to God's call in their heart and discover the Youfra fraternity as the proper venue to begin a vocational journey in earnest.

Methodology

Participation in the meetings of the Youfra fraternity
Exchange of experiences in small groups or in pairs.
Sharing in the prayer life of the Youfra fraternity.
Taking part in some of the Youfra's ecclesial activities.
Efforts towards personal inner growth, sustained by the group
Small group discussions on certain topics

Contents

human

Ways of seeing and listening to others, to nature, to oneself, to God.
Analysis and evaluation of reality--positive at first, and negative only later.
To lead one's personal life vis-a-vis the social, political and ecclesial reality

christian

The Christian ideal as a valid alternative in life
The Gospel, good news for all
The value of life, from conception to its natural end.
The concrete Church, a community of saints and sinners.

Franciscan

Who are they? Francis, Clare, Elizabeth of Hungary.
What is the Franciscan Family? (Religious men and women, lay people).
What is the YOUFRA?

b. Formation towards a commitment to the YOUFRA

Aim

To fully integrate the youth in the fraternity of the young as an integral part of the SFO within the Franciscan family.

Methodology

Attendance at meetings of the YOUFRA fraternity
Sharing in the prayer life of the YOUFRA fraternity
Taking part in the ecclesial activities of the YOUFRA
Efforts towards inner personal growth, sustained by the group.
Attendance to the candidates' special meetings.
Personal accompaniment by the one in charge of formation and by the spiritual assistant.

Contents

human

Techniques for self-knowledge
Personal growth, ability to establish and sustain human relationships; ability to give, to receive and to share.
To know the possible venues for action and service to others.

Christian

Methods and elements of personal and group prayer.
Christ, the new man, companion and friend.
Conversion through renewal and re-orientation of one's life.
The eucharistic celebration
Living out the main liturgical seasons (advent, Christmas, Lent, Easter).

Franciscan

Life of Francis, Clare, Elizabeth of Hungary.
Franciscan values: Fraternity, Minority, Peace, Non-violence, Respect of Nature.
The Rule of the SFO, an inspirational document.
Commitment to the YOUFRA, contents and rationale.

c. Deepening one's vocation

Aim

To help the young deepen their Franciscan vocation and make their final choice in life.

Methodology

Participation in all the activities of the YOUFRA fraternity.

Effort towards inner personal growth, sustained by the group.
Attendance at regional and national meetings and live-in seminars.
Taking part in meetings and celebrations, together with the SFO and other branches of the Franciscan family.
Discernment and decision-making exercises.
Personal accompaniment by the Council of the YOUFRA fraternity and by the spiritual assistant.

Contents

human

Ways to know and accept oneself.
How to act with affective balance
Responsibility and creativity at the service of others.
How to clarify one's motivation (shallow, deep).
Love (love and attraction; various expressions of love).
Methods of group dynamics (for example, see-judge-act)
How to plan group activities.

Christian

Vocation according to the Bible.
Diversity of vocations in the world.
Vocational discernment
Jesus' fundamental options.
The beatitudes and the evangelical counsels.
Mission of the laity in the Church.
The sacraments--how to live them.
How to analyze reality in the light of the Gospel.
Christians' contribution to social and political life.

Franciscan

Relevance of Francis, Clare and Elizabeth of Hungary.
Vocational journey of Francis, Clare and Elizabeth of Hungary.
Sources of Franciscan spirituality.
Writings of Francis and Clare.
A short history of the Franciscan family.
The situation of the Franciscan family today.
Rule and General Constitutions of the SFO.
Franciscan concept of personality.
Secularity and commitment of the Secular Franciscans,
Franciscan contribution to peace, justice and ecology.