

ASCEND



ALIVE IN YOU

2023 JOURNAL

This journal belongs to:

2023 THEME: ASCEND

THIS SUMMER, WE WILL SPEND OUR TIME AT ALIVE IN YOU
FOCUSING ON THE GIFT OF **FORTITUDE**.

Fortitude is one of the seven gifts of the Holy Spirit, and it enables us to rise up over the trials and obstacles we experience in our lives. Each day, we will break down a piece of the Catechism verse below. Together, we will see that our strength comes from the Lord and that, through Him, we have all we need to walk through this life and into the next.

ASCEND



Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life.

The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause.

'The Lord is my strength and my song.'
'In the world you have tribulation; but be of good cheer, I have overcome the world.'



DAILY SCHEDULE

Day **TUESDAY**

- 1** 1-3pm Check In
4 Opening Session
5:30 Adult Meeting
5:45 Adam Sandler Dinner
7 Evening Session/Mass
9:15 Witness Talks/Parish Time
10:15 Free Time
11 Lights Out

Day **SATURDAY**

- 5** 6:45am Breakfast/Adoration Available
8 Morning Session
8:30 Parish Offsite Activity
3pm Keynote
3:45 Workshops
5:45 Salad Dressing Dinner
7 Evening Session/Adoration
9 Parish Time
11 Lights Out

Days

WEDNESDAY - FRIDAY

2-4

- 6:45am Breakfast/Adoration Available
8 Morning Session
9 Work Projects
3pm Free Time
4:30 Mass*
5:45 Dinner
W: Christmas
Th: Retirement Home
F: Agape Meal
7 Evening Session
9 Witness Talks/Parish Time
10:15 Free Time
11 Lights Out

*Mass on Thursday will be in the morning before you go to your work project

Day **SUNDAY**

- 6** 7am Breakfast
8 Morning Session
8:30 Mass
9:30 Pack up and Depart for Home



*Please note: this is a general schedule of the week. A more detailed schedule will be provided at camp.

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TUESDAY

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**DAILY THEME SONG:
"ALL GOD'S PEOPLE"
STEVEN JOUBERT**

"Dear friends, sometimes we may be tempted to allow ourselves to be overtaken by laziness or despondency, especially when faced with the hardships and trials of life. In these cases, do not lose heart, but invoke the Holy Spirit, so that with the gift of fortitude he can lift our hearts and communicate new vigor and enthusiasm to our lives and our following Jesus."

- Pope Francis

**"The higher we go,
the better we shall
hear the voice of
Christ"**

Pier Giorgio Frassati

PRAYER FOR THE DAY

"Come, O Blessed Spirit of Fortitude, uphold my soul in times of trouble and adversity, sustain my efforts after holiness, strengthen my weakness, give me courage against all the assaults of my enemies, that I may never be overcome and separated from Thee, my God and greatest good. Amen." -Novena to the Holy Spirit

QUESTIONS TO CONSIDER

How did you get here this week? Don't answer "charter bus" or "SUV." What made you come to Alive in You? Who was instrumental in you being here? What do you think this week will be like?

The theme of this week, Ascend, comes from the concept that fortitude allows us to rise up (ascend) throughout our life regardless of what the journey may bring. Where are you in your journey with Christ coming into this week? If you and God were on a road trip right now, rank that road trip on a scale of 1 to 10 (with 10 being the best road trip ever). Explain your answer.

Who is your model of fortitude? (This could be a fictional character, a family member, a saint, etc.) What inspires you about their life?

It is true what Pier Giorgio Frassati says, "the higher we go, the better we shall hear the voice of Christ." How can you have the fortitude to "go higher" this week? What is your goal for this week?

WEDNESDAY

ASCEND OVER SUFFERING

PRAYER FOR THE DAY

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” - Reinhold Niebuhr

QUESTIONS TO CONSIDER

Recall a specific time in your life where you have felt low, when your life was heavy and difficult. Who helped you? Did you lean on your faith? How did the Holy Spirit carry you?

When you struggle, who (or what) do you go to? Meaning, how do you usually handle difficult things in your life? There are many ways to cope with challenges. Are the ways that you choose helping you or hurting you? Explain.

Where do you see good in the world? How does this give you hope?

St. Augustine's quote can be paraphrased by saying that grace allows us to suffer well. What does this mean to you?

In what ways do you try to be the good in the world? If this is not something you are doing, how can you start?

DAILY THEME SONG:
“COUNTING EVERY
BLESSING”
REND COLLECTIVE

“What grace is meant to do is to help good people, not to escape their sufferings, but to bear them with a stout heart, with a fortitude that finds its strength in faith.”
– Saint Augustine

“Do not be overcome by evil, but overcome evil with good.”
-Romans 12:21

“Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good.” -CCC

THURSDAY

ASCEND OVER TEMPTATION

**DAILY THEME SONG:
"YOU MAKE ME BRAVE"
AMANDA COOK**

"Hope has two beautiful daughters: their names are anger and courage. Anger that things are the way they are. Courage to make them the way they ought to be."

- St. Augustine

"He who wants to win the world for Christ must have the courage to come in conflict with it."

- Blessed Titus Brandsma

"I do not fear at all what men can do to me for speaking the truth. I only fear what God would do if I were to lie."

- St. John Bosco

"Keep alert,
stand firm in your faith,
be courageous,
be strong."

- I Corinthians 16:13

PRAYER FOR THE DAY

Lord, You know the temptations that I face in my life. Strengthen me that I may resist the ways of the world and my own selfish desires. Align my desires with Your will for me. May I remain strong enough to show others your love by living like Jesus. In your name, Amen.

QUESTIONS TO CONSIDER

Are you more influenced by the world or by God? Explain. Is there room for growth in this area?

If you were consistently firm in your faith and followed the model of Christ, what would change in your life?

How would your daily life change?

What are the differences that your friends would notice?

What are the differences that your family would notice?

In what areas of your life do you need to pray for the fortitude to resist temptation?

"(Fortitude) strengthens the resolve to resist temptations and to overcome obstacles in the moral life." - Catechism of the Catholic Church

FRIDAY

ASCEND OVER FEAR

PRAYER FOR THE DAY

Lord, once again I turn to Your most compassionate Heart. Help me to lift my eyes toward You and to turn away from the sources of my anxiety and fear in life. Fill me with faith and hope in You, and give me the courage I need to put all my trust in You. Jesus, I trust in You.

QUESTIONS TO CONSIDER

What are your biggest fears?

How do these fears keep you from being the person God created you to be?

How can you lay these fears down to the Lord and continue on in fortitude?

How did you feel before reconciliation?

Reflect on how you feel after reconciliation. How can you allow God to take away your fear and replace it with strength, courage and peace?

"For God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline."
-2 Timothy 1:7

DAILY THEME SONG:
"FEAR IS NOT
MY FUTURE"
BRANDON LAKE
CHANDLER MOORE

"The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions. It disposes one even to renounce and sacrifice his life in defense of a just cause. 'The Lord is my strength and my song.' 'In the world you have tribulation; but be of good cheer, I have overcome the world.'"

-Catechism of the Catholic Church

"To have courage for whatever comes in life - everything lies in that."
-St. Theresa of Avila

EXAMINATION OF CONSCIENCE

The Examination of Conscience will be done as a large group on Friday night. The purpose of the Examination of Conscience is to help you reflect on different areas of your life where you may need healing and forgiveness.

1. You shall worship the Lord your God, and Him only shall you serve.

(The first commandment teaches us to put God first in our lives.)

How do I spend my time each day? Do I remember that God loves me? Do I remember to give thanks to God for all that I have received? Do I try to love the people God has placed in my life? Do I have my priorities in order? Do I pray?

2. You shall not take the name of the Lord your God in vain.

(The second commandment teaches us to speak carefully, to respect the power of our words, and to say only what we mean to say.)

Do I pay attention to the way my words affect others? Do I misuse God's name to express anger or frustration? Do I make promises in God's name and then break them? Do I say hurtful things to others when I am angry or upset? Do I pay attention to the words I use and the impact they have on others? Do I put down other people?

3. Remember the Sabbath day, to keep it holy.

(The third commandment teaches us to take time to worship God regularly and frequently.)

Do I take time each week to pray and worship God? Do I take part in Mass on a regular basis, at least every Sunday? Do I remember that my strength comes from God, and that without God I can do nothing? Do I take time to relax and appreciate all that God has given me? Do I make time to get to know my family and friends better?

4. Honor your father and your mother.

(The fourth commandment teaches us to appreciate our parents.)

Do I show respect for my parents, and for all who take care of me? Am I too critical of my parents? Do I do things to upset my parents on purpose?

5. You shall not kill.

(The fifth commandment teaches us to appreciate life.)

Do I value all people? Do I do things to undermine the value of other people? Do I do things that harm the life I have been given? Do I take good care of myself? Do I encourage other people to take good care of themselves?

6. You shall not commit adultery.

(The sixth commandment teaches us to keep our promises and to protect our sexuality.)

Do I value and respect my sexuality? Do I try to develop healthy relationships and avoid relationships where people are treated like things? Do I express my sexuality in appropriate ways? Do I respect the relationship God has set up between sexual intimacy and marriage?

7. You shall not steal.

(The seventh commandment teaches us to respect private property and the rights of others.)

Do I consider the needs and rights of others every time I take or use anything? Do I respect public property and the property of other people? Do I take more than I need? Do I share generously? Do I do the best work that I am able to give? Does my lifestyle make life harder for other people?

8. You shall not bear false witness against your neighbor.

(The eighth commandment teaches us always to speak the truth and never to say more than is necessary.)

Am I a truthful person? Do I try to mislead other people? Do I say things just to hurt other people? Do I gossip? Do I let gossip influence my opinions of other people?

9. You shall not covet your neighbor's wife.

(The ninth commandment teaches us to avoid inappropriate relationships.)

Do I think of other people as whole people, or as just a body, or just a mind? Do I let myself be convinced by some media that a person's value is based on appearance, strength, or intelligence? Do I remember that all people are created in the image of God?

10. You shall not covet your neighbor's goods.

(The tenth commandment teaches us to find happiness where we are.)

Do I let greed or envy take over my thoughts? Do I let others suffer so I can have more? Do I think my own wants are more important than other people's? Do I remember that it is who I am, not what I own, that is really important?

WHAT TO EXPECT AT CONFESSION

1. Sit down across from the priest, greet the priest and make the sign of the cross.
2. Confess your sins - relax, he is not hearing anything new!
3. Listen to any advice and ask questions you may have.
4. Say the Act of Contrition (below).
5. Bow your head and receive Absolution.
6. Enjoy the mercy and compassion of Jesus' forgiveness!

If you need help - especially if you have been away for some time - simply ask the priest and he will help you by "walking" you through the steps to make a good confession.

ACT OF CONTRITION:

My God, I am sorry for my sins with all my heart. In choosing to do WRONG and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

SATURDAY SERVE

**DAILY THEME SONG:
"START AGAIN"
STEVEN JOUBERT**

"It is certain that the love of God does not consist in this sweetness and tenderness which we for the most part desire; but rather in serving Him in justice, fortitude, and humility. His Majesty seeks and loves courageous souls."
-Teresa of Avila

"When we follow Christ truly by laying down our lives and pride, we will find that loving others, helping our communities, engaging in true and deep relationships, will become like breathing because we have chosen to connect with Jesus first and foremost."
-T. B. LaBerge

"For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— not the result of works, so that no one may boast."
- Ephesians 2:8-9

PRAYER FOR THE DAY

"O Jesus! meek and humble of heart, Hear me.
From the desire of being esteemed, deliver me, Jesus.
From the desire of being loved, deliver me, Jesus.
From the desire of being extolled, deliver me, Jesus.
From the desire of being honored, deliver me, Jesus.
From the desire of being praised, deliver me, Jesus.
From the desire of being preferred to others, deliver me, Jesus."
-Litany of Humility

QUESTIONS TO CONSIDER

In what areas of your life do you feel that you excel?

How can you remain humble in these areas? How can you use these areas of your life to glorify God and help others?

In what ways is the Lord calling you to go down the mountain when you return home? Who in your life/community needs to be served?

How can you take your experience this week and incorporate it into your life?

SUNDAY

GO FORTH

PRAYER FOR THE DAY

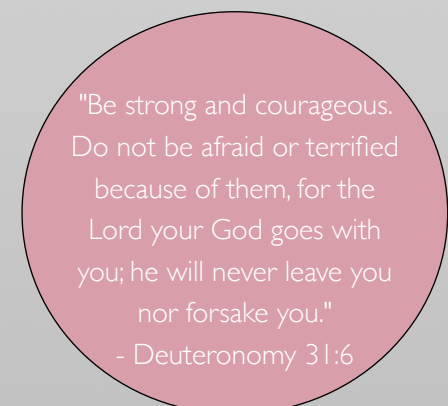
"Lord, give us the courage to speak and act in your name. You are our loving Father. We rejoice in your compassionate concern for us. Help us to show compassion to the people in our world. With the help of your Holy Spirit, we will be your witnesses. We pray in Jesus' name. Amen." -Renew International

SUNDAY REFLECTION:



Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them - every day begin the task anew.

- St. Francis de Sales



"The higher we go, the better we shall
hear the voice of Christ."

Pier Giorgio Frassati

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