

CONFIRMATION PROGRAM 2025-26

First Presbyterian Church of Libertyville

Parent / Mentor Guidebook

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CONFIRM NOT CONFORM Parent/Mentor Guidebook

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Introduction to Confirm not Conform

What is Confirm not Conform?

Confirm not Conform, or CnC, is a youth confirmation program that takes confirmation seriously. It exposes youth to a wide range of topics, including Scripture, sacraments, creeds, heresy, prayer, other religions, and serving others, and asks them to think through what they believe and why.

It is also a philosophy. *Confirm not Conform* emphasizes finding one's own voice rather than simply conforming to an external standard. It is a program that respects the work youth and adults do as they explore their faith. We trust that when people put in the effort to articulate what they believe and why, they will make good choices about their next step in faith.

CnC is also a congregational development program. The hope is that the entire church grows in faith by participating in *Confirm not Conform*, as mentors, parents, leaders, clergy, or church members all make the commitment to support participants in the program in their life in Christ.

Program Overview

"But what exactly does *Confirm not Conform* include?" you're asking yourself. "What do I actually have to do?" Though the list below may seem daunting, remember that this is spread out over the course of many months. Some background on these different elements follow.

- 1 Parent/Guardian Meeting
- 1 Mentor Training
- 17 Sessions
- 1 Retreat Weekend
- 2 Field Trips
- 1 Required Worship Service Leadership Role
- 2 Required Service Projects 1 with the other youth in the program and 1 with a mentor
- 4 JHF Gatherings
- 1 luncheon with the church's Session for the purposes of joining into the church's membership
- 1 Rehearsal for the *This I Believe* (formerly *iConfirm*) service
- 1 This I Believe (formerly iConfirm) service and celebration
- 1 Confirmation service

Parent/Guardian Meeting

Before *CnC* begins, we host a Parent/Guardian meeting where everyone can learn about *CnC* and the expectations of students in the program, review the schedule, and ask questions.

Mentor Training

Mentor Training brings together mentors to discuss their role in *Confirm not Conform*, answer questions, and provide materials to make their work easier. Training occurs before the third session (since mentors take part in Session 3).

Sessions

There are 17 sessions, covering all sorts of topics, as you will see in the outline beginning on page 8, but overall they will take on three different tasks: Deconstruction, Design, and Construction.

Deconstruction: Youth learn that it's OK to challenge what they have always been told, to take apart the common beliefs and look at them in a fresh way.

Design: As youth decide what they do believe, it helps to see what other people believe. Youth take a close look at other religions as well as their own.

Construction: As youth build their beliefs, it's important to put them into action. In this section, youth see how belief is more than words.

These tasks overlap and may not happen in a linear fashion; some sessions include two or even all three of these tasks.

Mentors are present at five of the sessions: 3, 6, 10, 13, and 17. See pages 8-9 for the scheduled days, times, and locations of the sessions.

Retreat

We believe a retreat helps build community within the group. It also provides a more intensive opportunity for discussing key issues. The retreat is held just before the program begins, so our group can build that community sooner rather than later. <u>late afternoon August 23 to mid-day August 24</u>; further details are still being worked out at the time of this writing and will be communicated ASAP!

Field Trips

Field trips allow youth to experience other traditions and different worship styles. These trips can take anywhere from 3 hours to half a day or more, depending on where you go and what you do. Special events (a local revival meeting, a Jewish temple service, etc.) may take place on days other than Sunday. The Sundays when Confirmation class is intentionally not happening are good opportunities to take a self-guided field trip together to whichever options are most intriguing. Families are encouraged to coordinate trips so students can go together. **We strongly encourage mentors to also participate in field trips.** At the suggestion of last year's class, we are trying to coordinate an all-class field trip to a particular place of worship—more to come!

Worship Services

Just as important as field trips is exposure to our own services in a new way. Students are expected not only to explore worship but also to own it by taking on leadership roles. Some ways to be part of regular worship services throughout the year include reading the Scripture, serving as ushers, or preparing and leading a children's sermon. Students will be encouraged to sign up for at least one worship leadership role. **Youth Sunday, January 25, 2026**, is a great (and traditional) opportunity to meet this expectation.

Service Projects

Students are expected to participate in one of two designated Mobile Food Pantry dates with other youth (Saturday, December 21, 2025 OR Saturday, April 18, 2026; 7:30-9:30 AM) and one service project selected and attended with their mentor. Approved service opportunities are listed on page 43. If students have a passion for a specific organization, talk with Rev. Nicole for approval of an alternate project.

JHF Gatherings

Because being in community is such an important part of what it means to be church, students are required to attend four JHF gatherings.

Luncheon with the church's Session

In order to be received into membership of the church—the outcome of choosing to be confirmed—confirmation students must be "examined" by the church's Session. After a meal at a luncheon on **Sunday, May 3, 2026 from 11:30 AM-1:30 PM** with students, their families, their mentors, and church leaders, students are grouped with elders from the Session so that the Session might learn more about the students, and their choice to be confirmed—this is the examination. Then students are gathered back together and asked four questions of profession of faith and then voted in as members.

This I Believe (formerly iConfirm) Service and Rehearsals

The *Confirm not Conform* program concludes with a special liturgy of celebration called *This I Believe*. During this service the congregation recognizes that the youth have taken responsibility for their own spiritual lives, and the youth, in turn, accept that responsibility. Youth share the Bible passages they have memorized and speak to their personal significance. It is a service of great emotion and power and is meant to honor the work of ALL students, whether they choose to be confirmed or not. Afterward, a party celebrating the youth follows.

The rehearsal happens in the chapel from 1:00 PM-2:00 PM on Saturday, May 9, 2026, and the service follows in the same space at 2:00 PM. Family, favorite teachers and coaches and other adults, and friends are all encouraged to attend in support!

Confirmation Service

The last official confirmation event is a recognition of the confirmed students in worship on **Sunday, May 31, 2026, at 10:00 AM** in the sanctuary. Students will meet in the Social Hall at **9:30 AM for last-minute instructions**. [NOT Memorial Day weekend]

Confirmation Leadership

Confirmation 2025-26 will be coordinated by Associate Pastor Rev. Nicole Chapman-Farley and coled by Pastoral Resident, Alex Barnes, and congregation member and longtime youth advisor Martin Frey.

Outline of Sessions

This outline is provided so that mentors and families may be aware, generally speaking, of what youth are learning and doing as the program progresses. The schedule follows below.

Sessions that include the mentors are outlined with a box.

SEPTEMBER 7, 2025 3:00-4:00 PM Youth Education Room

Session 1: Introduction to Confirm not Conform

Introduces the program and establishes expectations.

SEPTEMBER 21, 2025 3:00-4:00 PM Youth Education Room

Session 2: Where Do You Stand: The Gospel According to Whom

Explores where youth are starting from and what they currently believe.

OCTOBER 5, 2025 3:00-4:00 PM YOUTH LOUNGE

Session 3: Where Do You Stand: Meet Your Mentor

Establishes the mentor/youth relationship. Mentors attend this session.

OCTOBER 19, 2025 3:00-4:00 PM Youth Education Room

Session 4: Heretics R Us

Discovers how heretics through the ages have shaped our faith today.

OCTOBER 26, 2025 3:00-4:00 PM Youth Education Room

Session 5: Teach Us to Pray: The Lord's Prayer

Closely examines several versions of the Lord's Prayer, followed by a Prayer Lab where youth can explore different ways to pray.

NOVEMBER 2. 2025 3:00-4:00 PM YOUTH LOUNGE

Session 6: Faith In Action: Pain Into Power

Explores how God helps us transform the pain in our lives in to the very power we need to transform the world. **Mentors attend this session.**

NOVEMBER 16, 2025 3:00-4:00 PM Youth Education Room

Session 7: Faith In Action: How We Can Help

Examines those things that can help others, those things that don't, and why we help others at all.

NOVEMBER 30, 2025 3:00-4:00 PM Youth Education Room

Session 8: Faith In Action: The Issue of Power

Focuses on the role that power plays in living out our call to be Christ's body in the world.

DECEMBER 7, 2025 3:00-4:00 PM Youth Education Room

Session 9: Scripture: A Mad Dash Through a Good Book

An overview of the Bible and how it is put together.

DECEMBER 14, 2025 3:00-4:00 PM YOUTH LOUNGE

Session 10: Scripture: The Bible By Heart

Youth learn to use a concordance to help them select a passage of Scripture to memorize.

Mentors attend this session.

JANUARY 18, 2026 3:00-4:00 PM Youth Education Room

Session 11: Tradition: The Nicene Creed

Presents the history of the church up through the writing of the Nicene Creed. Youth are invited to define the meanings of some basic concepts of faith.

FEBRUARY 1, 2026 3:00-4:00 PM Youth Education Room

Session 12: Tradition: Church History Continued/World Council of Religions

Youth develop a creed through the Council of *CnC* and explore the basic tenets of other major world religions. A very brief and sketchy presentation on the history of the church through the 1700s.

FEBRUARY 22, 2026 3:00-4:00 PM YOUTH LOUNGE

Session 13: Tradition: Our Neck of the Woods

An overview and exploration of the history and beliefs of the Presbyterian Church. **Mentors attend this session.**

MARCH 1, 2026 3:00-4:00 PM Youth Education Room

Session 14: Tradition: The Church Through the Year

Explores the seasons of the church year and examines materials used in worship.

MARCH 15, 2026 3:00-4:00 PM Youth Education Room

Session 15: Tradition: The Priesthood of All Believers

Discusses how all who are baptized are ministers in the church, and how the church sometimes sends mixed messages about that.

APRIL 12, 2026 3:00-4:00 PM Youth Education Room

Session 16: Where Do You Stand: Where Do You Go From Here?

An evaluation of the *CnC* program and an opportunity for youth to brainstorm about their ongoing ministry in the church and the world.

APRIL 19, 2026 3:00-4:00 PM YOUTH LOUNGE

Session 17: Where Do You Stand: The Power to Choose

Revisits the statements of faith the youth looked at in Session 2 and explores how their positions have changed over the course of the program. **Mentors attend this session.**

Making the Commitment

Sounds like a lot? *Confirm not Conform* does require a commitment, but we believe it's worth it. Youth who go through *Confirm not Conform* gain so much—and offer amazing gifts to the church and the world.

Youth will be asked to sign a *Confirm not Conform* Commitment Pledge, which is found on the next page. This pledge involves not just the youth making a commitment, but the community also making a pledge to youth.

When youth take part in *CnC*, the community promises to:

- Listen to youth's questions and concerns with open minds and hearts.
- Take youth's contributions seriously and treat them with respect.
- Expose youth to the fundamental questions of faith and explore them with the youth.
- Provide a mentor who will share their own faith experiences and questions, and respond to mine.
- Offer help when youth need it.
- Keep the youth in their prayers.

Mentors: If you agree to take on the role of mentoring a young person, please do your utmost to honor that commitment. You will see more about what is expected of you in Section 2 of this guidebook, the Mentor Guide.

Parents: If you and your child agree make the commitment, then we ask for *Confirm not Conform* to take precedence over other things that might demand your time. Maybe this year, other extracurricular activities need to take a back seat to the questions and challenges of a growing faith. You will see more about what is expected of you in Section 3 of this guidebook, the Parent Guide.

So this is your chance to ask yourselves, as mentors and as families, what really matters. We hope you'll find choosing *Confirm not Conform*—the time it takes, the questions it asks, and the issues it explores—to be the investment of a lifetime.

CnC Commitment Pledge

To be signed by youth, mentor, and Pastor Nicole at the third session of the Confirm not Conform program.

I pledge to participate in the *Confirm not Conform* Program, to abide by its requirements, to bring an open mind and heart to all sessions and events, and to treat all those involved in the program with respect.

As part of the program, I also commit to:

- Attend no less than 14 of the 17 confirmation sessions. I must make up any missed sessions in order to have as much information as possible about what it means to be confirmed before I am asked to choose whether to be confirmed or not.
- Participate in 2 field trips.
- Be involved with worship services as much as possible at First Pres. I will participate in the Youth Sunday service, or other services as agreed to.
- Participate in two community service projects, one with my confirmation class peers and one with my mentor.
- Participate in four JHF gatherings.
- Memorize a passage of scripture.
- Participate in the *This I Believe* service, at which I will recite the passage I have memorized and explain my reasons for choosing it and what it means to me.
- Attend the confirmation service, whether or not I choose to be confirmed, as a show of support for other members of the program.

In return, the community commits to:

- Listen to my questions and concerns with open minds and hearts.
- Take my contributions seriously and treating them with respect.
- Expose me to the fundamental questions of faith and exploring them with me.
- Provide a mentor who will share their own faith experiences and questions, and respond to mine.
- Offer help when I need it.
- Keep me in their prayers.

Youth Signature	Mentor Signature	
 Pastor Signature		

Welcome to Mentors

This guidebook will help you understand what to expect when you make the commitment to be part of *Confirm not Conform*—and what is expected of you.

We believe that helping people—youth or adult—prepare to be confirmed is an important ministry. We ask those being confirmed (confirmands) to make a mature public affirmation of their faith. That's something to be taken seriously. When people make this commitment, and intend to act on it, the church is forever changed by their presence and their gifts. Your ministry as a mentor will help students discern whether or not they wish to make that commitment—though ultimately the choice is theirs.

This guidebook will give you an overview of the *Confirm not Conform* program, the various roles that you and others will play in it, further information on the mentor/youth relationship, and an appendix with additional information to help you in your ministry.

Thank you for being part of Confirm not Conform.

Mentor Guide

To begin with, let's establish what a mentor is not. A mentor is neither parent nor peer, social worker nor savior. Rather, a mentor is a friend, a confidant, and a positive force in the life of a youth.

In serving as a mentor, the main thing you offer is a listening ear and an interest in your youth's questions and explorations. You don't have to have all the answers—in fact, one of the greatest gifts you can offer are your own honest questions. With humility, offer your youth the greatest gift you can give: yourself—warts and all.

You can read more about your role as a mentor in the supplemental resources at the end of this guidebook.

Expectations

There are <u>seven</u> main expectations of *CnC* mentors:

- Get together with the youth you are mentoring often enough to build a relationship. How often is
 entirely up to you and the youth you are working with.
- Attend five sessions of the CnC program. These sessions include activities in which you and your youth work together. The sessions to which you are invited—sessions 3, 6, 10, and 17—are described in the outline of sessions on pages 8-9 of this document. The dates are Sundays,
 October 5, November 2, December 14, February 22, and April 19, from 3:00-4:00 PM in the Youth Lounge.
- Select and participate in an approved service project, found on page 43, with your student.
- Attend the Confirmation Luncheon on **Sunday, May 3, 2026 from 11:30 AM-1:30 PM**, where the confirmands will be examined by Session and become members.
- Be present for the This I Believe service and party on Saturday, May 9, 2026 2:00-3:30 PM.
- Attend, if at all possible, Confirmation Sunday, May 31, 2026 at 10:00 AM in the Sanctuary.
- Attend as many of additional scheduled Confirm not Conform events as possible. Your presence
 for field trips and other special events can be quite meaningful. A schedule of events is found
 beginning on page 45 of this guidebook.

Communicating with Teenagers

Modes of Communication

Communicating effectively with teenagers requires entering into their frame of reference. We have found that the two best ways to reach youth (as of this writing) are via **text messages** (to their cell phones) or via **social networking sites** such as Facebook (though that has become outdated for this generation).

At your first meeting with your youth (Session 3), we will ask you both to be explicit about the best way to get in touch with each other. Talk with youth about the best way(s) to reach them. Do they have a cell phone with text messaging? (And do they use it?) Do they have a Facebook (or other site) page, and how often do they visit it? Will they "friend" you?

Social Media

Any adult working regularly with youth within the church should give serious consideration to having separate social networking accounts from their personal adult account for communication with youth. This provides opportunity for monitoring messages and does not give the minor access to adult conversations on the same site.

It is inappropriate for the adult to "friend" a minor; however, an adult may respond to a "friend" request on Facebook or a "Follow" request on Instagram. Contact via social media between adult and minors should be at the minor's instigation. Youth will primarily be pointed to Youth Ministry accounts, not private accounts of pastors/teachers/directors. There will be two adults serving as administrators on all youth ministry accounts. Both adults will have access to messaging, pictures, and content.

The primary reason for an adult to communicate via social media with a minor should be to share information.

Adults should avoid engaging in religious counseling via social network sites. This should be done face to face with another adult present or in a public place. If a minor reveals abuse or inappropriate interactions with an adult via private messaging on a social media platform, the adult must report this information in the manner of any "suspected abuse."

Photographs should not be posted online without parent/legal guardian permission.

Parents or legal guardians will give permission on the annual Child and Youth Information Form for the pastor/director to text directly with a student. Without this permission, a pastor/teacher/director must communicate solely with a parent or legal guardian.

When participating in online group functions (i.e., Zoom), sessions with only one adult present will be recorded and uploaded to a cloud-based server. Students will be asked to participate in a public space in their living environment with an open door.

Social Networking Code of Conduct

Each person who leads using the resources of social media shall apply this Social Networking Code of Conduct:

- Prohibit comments that are, or could be construed by any observer, to be harsh, coercive, threatening, intimidating, shaming, derogatory, demeaning, or humiliating.
- Prohibit sexually oriented conversations or discussions about sexual activities.
- Prohibit private messages between adults and minors.
- Prohibit posting inappropriate pictures (for example, sexually suggestive, exploitive, or voyeuristic) or inappropriate comments on pictures.
- Provide minors and their parents/guardians with this Social Networking Code of conduct.
- Encourage parents/guardians to play a role in monitoring their minor's interactions with adults.
- Continuously remind minors how to interact appropriately through social networking sites.
- Deny participation by individuals who repeatedly violate the Social Networking Code of Conduct.

Starting a Conversation

So you're sitting there and you have this kid in front of you. Now what? You say, "How are you?" The answer is "Fine." You say, "Tell me about school," and you get a shrug. An awkward pause ensues and you wonder, "Will it always be like this?"

Building a relationship with youth may take some time, but eventually you will most likely find that conversation flows easily. It will be easier when you know something about one another and have more shared experiences upon which to draw. But how to get there?

Start somewhere safe. Have a conversation about something neutral and fun, just to find a place to begin. At the end of this guidebook you will find a long list of Conversational Jump-Starters organized into categories for ease of reference. Take a look at them before your first meeting—or maybe for every meeting, making it a tradition. For fun, you might even jot a few down on slips of paper and have your youth pick one randomly, like cards in a deck.

Safety may also lie in posture. Many of you already know that youth will chatter freely to you or to one another when they're sitting behind you in the car. You might find it easier to have a conversation if you are walking somewhere or seated side by side rather than face to face. Youth may feel more comfortable walking around or doing something than sitting or being stationary.

Also, consider the venue; if you are in a building where adults tend to have more power than youth, youth may find it more difficult to speak freely. If you are in a place where youth outnumber adults—

say, a café near the church—then you are on the youth's territory which may give the youth more confidence.

Know that you do not need to be cool. What you need to be is authentic. Do not try to make yourself into something you're not. Don't pretend to know all the answers. Youth can smell inauthenticity from a mile away. However, you will be amazed to find that even though you may feel old and lost, youth will often refer to you as cool— not because you are so flashy and exciting, but because you care about them.

Ask clarifying questions if you don't understand something. In some ways you will be learning another language and another culture. You'll learn about peers and teachers, technology, and television programs that you've never heard of before. You don't need to know it all before you start. You'll certainly know a lot more by the time you're through.

Finally, accept what they offer and do your best to reserve judgment. In one session, they will have a favorite song to share with you. You may think this song is not the greatest thing you have ever heard, but remember it is important to them. Clarifying questions are your friend. "Why do you like this song?" may only get you a shrug as youth may not yet be able to articulate why they feel the way they do, but simply asking the question makes it clear that you have accepted their offering without judgment. Knowing they will be heard, youth will be far more willing to share what else is important to them.

Listening to Youth

Many youth do not have adults in their lives that truly listen to them. Usually, adults are busy telling youth how to act (or how not to) and what to think and do.

Therefore, listening is one of the most important gifts you will offer your youth. Resist the urge to give answers, even if you are prompted for them. While there may be an appropriate time to share your faith story or your perspective on a given topic, such sharing should always be in the context of drawing out the youth's thoughts: helping youth tell their story and formulate their faith.

After all we said above about how to draw out youth in conversation, you may find yourself paired with a youth who won't stop talking, who will want to go on at length about subjects far removed from your ostensible topic. It may be that there is something important going on and they do need you to listen at that time. Be flexible. Your topic or plan may not be the most important one. On the other hand, they may be talking out of nervousness, hyperactivity, excitement, or simply to avoid the topic at hand. In that case, you may need to lead the conversation back to what you intended to discuss. Use your best judgment about what is most important for your youth at the moment.

In the appendix, you will find an article on Active Listening that will give you thoughts and examples on engaging youth in conversation and hearing what they have to say.

Honoring Confidentiality

The youth you mentor may wonder whether anything the two of you talk about goes straight back to a parent or pastor. It may be useful to discuss the subject of confidentiality early in your relationship to establish clear "rules of engagement."

Consider what you think is most appropriate in terms of confidentiality. You might agree that all communication be held in strict confidence. On the other hand, you might agree not to share with a youth's parents, while reserving the right to inform the pastor or youth leader if you think the youth or someone else is in danger (remembering that clergy are mandated reporters—by law, they must report suspected child abuse).

The important thing is to establish those boundaries so that trust can be built and lines of communication can be opened.

Confidentiality should extend to others as well. Mentors should take care to hold close any information shared with them by other mentors. They should likewise be aware that other mentors might be parents—or good friends to parents—of their youth.

If something is said and you don't know what to do, don't panic. Talk with Rev. Nicole or another member of the pastoral staff. They may already have some information about the situation or thoughts about how to proceed.

Meeting together

What to do, what to do? There are quite a number of things you can do with youth, but not all of them are the best fit for you both. Ask your youth what they would like to do. They might even tell you!

If you do intend to go on an outing, double-check with parents that youth actually have permission to go. Youth may readily agree to go out for ice cream on a Sunday night, completely forgetting (or "forgetting") Aunt Sally's birthday party. ("But I have to go out with my mentor!")

For those who need a little extra help figuring out what to do or where to go, take a look at this list, perhaps together with your youth, and find some activities with mutual appeal. Then you'll begin on shared territory.

Note that in our experience, the hardest part of meeting with youth is finding a time that works for you both to get together. One way we address this is by setting up Sunday morning *CnC Café* time and space—the Dougherty Room is reserved from 11:00-11:45 AM any Sunday that the youth are meeting for a confirmation class (refer to pages 8-9). You're already there, you can grab a coffee and a corner, and you are meeting in a safe space.

Active Outings

- Walk around some local landmark such as a lake or park.
- Go fly a kite or hang at a playground or skate park.
- Play catch (baseball, football, softball).
- Play pick-up basketball.
- Shop for holiday gifts.
- Face off playing a video game. (You don't need to be good to have fun.)
- Go to a U-Pick-'Em farm.

Food Outings

- Head to a local café, juice bar, or coffee shop to hang and chat low-key and low-budget (e.g., Conscious Cup, Hansa, Lolo's Bowls, etc.).
- Go for ice cream and split a sundae.
- Go out to a restaurant for a more expensive option. Be sure to select one where it's OK to linger over dessert.
- Try a new type of food together.
- Make cookies in the church kitchen for Coffee Hour—or for yourselves.

CnC-Related Outings

- Go on a CnC field trip together.
- Invite the youth to see you in your church ministry.
- Go to church together and have lunch afterward to talk about what church means and why we go
 (or don't).

Volunteer Activities

- Volunteer at a soup kitchen or food pantry together.
- Invite the youth to join you in your own usual volunteer activity.
- Do a walk-a-thon for a cause you both care about.
- Adopt a family or kid for the holidays. Often the schools set these up so you can offer to help.
- Work on a community garden or compost project.

Cultural Outings

- Go to a museum together. (In some parts of the country, you can reserve and pick up free passes to go to certain museums for the day.)
- Catch a ballgame or other sporting event together.
- Share musical likes and dislikes: Introduce the student to the music you enjoyed as a kid and allow them to do the same. You might find some commonalities. Then again, maybe not.
- Go to a pet show or a fundraiser for homeless pets.
- With other mentors and mentees, have a movie night. Watch and discuss.

Support Outings

• Find out what your youth's activities are, and ask if you can come watch them play or perform. This might include musical performances, athletic events, art shows, etc.

Giving Gifts

Mentors often wonder whether giving and receiving gifts is appropriate in the mentor relationship, and if so, to what extent. This is a topic that should be discussed with Rev. Nicole so that specific concerns and issues in our church culture may be considered. However, here are a few general remarks.

At their best, gifts can be wonderful expressions of heartfelt affection. Gifts can evoke powerful emotions. But gifts often imply expectations or convey confusing messages. It is important to recognize that the bearer of a gift is exercising a form of power: the power to shop for and buy a gift. Moreover, giving a gift often—although not always—places a burden upon the recipient to reciprocate. It is something to take into consideration when one thinks of giving any gift.

The mentor relationship is inherently characterized by an imbalance of power. The adult mentor does not approach the relationship in the same way or for the same reasons as the youth. In many ways, the mentor is the party with more responsibility and more authority. It is therefore incumbent upon the adult to establish a proper boundary with respect to gifts.

Gift-Giving Guidelines

- It is not necessary to give birthday and/or Christmas gifts. A card or a note or, even better, an outing are preferable. You might give a card with a "coupon" to cash in for that special outing.
- The most appropriate time to consider giving a gift is for the confirmation ceremony itself. A
 prayer book, a Bible, a cross, icon, CD, or book are all suitable confirmation gifts. Best, though,
 are those gifts that grow out of something you have shared in the course of your time together,
 something that comes from a significant conversation or event that shows you have been paying
 attention.
- Your gift does not have to be spiritual. What you are hoping to find is a gift that is *meaningful*. If your deepest conversations about Scripture happened while you were at a hamburger joint, it may be that youth will be more vividly reminded of Scripture by a hamburger-related gift than by an actual Bible.
- Gift cards, even though they may seem impersonal to us, are something kids thrive on. If you're stumped, don't be embarrassed simply to give a card with a personal message and a gift card enclosed.
- Don't spend a lot of money. Discuss a limit with Rev. Nicole.
- Never expect or suggest that the youth reciprocate. If you receive a gift from the youth or their family, thank the youth or family and move on. If the gift seems inordinately valuable or otherwise unusual, confer with Rev. Nicole about what to do.

Helping Youth Make a Confirmation Decision

So you've spent many months getting to know a person. You've been actively listening—asking questions, repeating feelings back, providing a consistent, patient, and empathic sounding board. You've heard their serious doubts about the virgin birth, their anger about church politics, or their apathy about religion. Or perhaps, to your amazement, you've seen a teenager grow and change in front of your eyes from a monosyllabic shrugger to a theologian, an activist, or a saint.

When you arrive at Session 17, you will be asked to discuss the question of confirmation with your youth. Ideally, it will be an open question that will be subject to lively discussion. Remember that it is not your job to get youth to be confirmed. Rather, it is their job to make an independent decision. Your job is to help provide a safe space in which to explore the question.

There is an activity in Session 17 that opens up the question, but you may find that if the question is still unclear in the mind of your youth that it will be useful to take a step back and find out more about where they are now and what they want to do.

Below is a list of questions that might be helpful in getting such a conversation started, but feel free to use your own questions or just allow the conversation to flow naturally if conversation starters are unnecessary.

Conversation starters on the CnC Process and Confirmation

- What did you learn about yourself this year?
- What do you see differently now from when you started the program?
- What would you say you believe about God now? About the church? How has that changed?
- How do you feel now about the Bible passage you picked to memorize? How has that changed from when you first picked it?
- What do you think you're going to remember about this 10 years from now?
- What does it mean to you to be a Christian? What does it mean to be a Presbyterian?
- What would you like to do next?

Keeping Youth Safe

It goes without saying that church should be a safe place. Adults who work with youth within a church setting are expected to model the patterns of healthy relationship that youth deserve in all settings. Safeguarding the youth in your care is one of the most important functions you have as a mentor.

Moreover, the ways in which you model good practices may well have repercussions beyond your relationship with the youth you are mentoring. By modeling safe ministry practices, you raise

awareness in youth as to unsafe situations they may encounter elsewhere.

By your vigilance, you can tangibly demonstrate Christ's love and care and teach wisdom to youth who inhabit a world in which, unfortunately, predators and opportunists may seek to do them harm.

To that end, we require each mentor to submit (graciously) to a background check and attend church -approved training on how to prevent child abuse and promote healthy boundaries in church settings. We have a **Child Protection Policy in place that you will receive and be asked to review**.

Getting Support

You don't need to be a mentor alone. In addition to the resources you will find here, we encourage you to meet with other mentors on occasion to check in, share tips, or vent. Be sure to ask for help or advice if you need it. Always remember that being a mentor doesn't mean you have to know it all.

Parent/Guardian Guide

You may be thinking, "Not another activity I have to schedule, plan, and manage!" You may not feel like it, but you are more than just a chauffeur. And so to begin, we want to say thank you for supporting your child in so many ways.

Your main role as a parent or guardian is to be a parent or guardian, as best you can be. But *Confirm not Conform* is also an opportunity for you to fulfill in a very visible way any promises you might have made if you ever presented your child for baptism—promises to raise the child in the Christian faith and help them grow to Christian maturity. With God's help, and the help of your community of faith, you can take advantage of this time to help your child prepare to take responsibility for their own life of faith.

Expectations

As a parent, one of the very difficult parts of your role is letting go of control. Please resist the temptation to require that your child be confirmed. Your child is more thoughtful than you might currently believe and will make this decision with due consideration. Don't try to rig the outcome.

You help set the tone for your child by making *Confirm not Conform* a priority, not a burden. Do your best to see that your child makes it to classes and events on time. Your willingness to make the commitment makes a huge difference in your child's experience.

You do have a formal role in the *Confirm not Conform* program: you and other parents/guardians are the hosts of the *This I Believe* celebration at the very end of the program. More information on this can be found later in this section.

Finally, your role is to pray for your child, your child's mentor, and for the youth and leaders of the program.

Attendance

17 classes: It's expected that students attend each of the seventeen (17) classes. The hope is that no more than two (2) classes will be missed (one in the fall and one in the spring). Materials will be provided to make up the missed classes. We get it that your kids have other things going on in their lives, things they are passionate about—really, we do. In order for their faith to become one of the things they are passionate about, it needs to be practiced, too. Make-up work will

help them learn the technical details of a lesson but it cannot replicate the community-building that is such a cherished component of being part of a family of faith. Mentors will join them at five of these classes. Please let Rev. Nicole know as soon as possible if a class will be missed.

- **2 field trips**: On page 42 of this guidebook is a list of seven possible field trip destinations. The Sundays where Confirmation class is intentionally not happening can be good opportunities to take a self-guided field trip together to whichever options are most intriguing. Families are encouraged to coordinate trips so students can go together. Students will be asked to offer a verbal recap of what they found interesting, what they found confusing, what they liked, and what made them uncomfortable in these settings.
- **4 JHF gatherings**: On page 44 of this guidebook is the JHF 2025-26 preliminary calendar. Because being in community is such an important part of what it means to be church, students are required to attend four JHF gatherings.
- **1 service opportunity with their peers**: Youth will be assisting with the Mobile Food Pantry on December 20, 2025, and on April 18, 2026. Students must attend one of these two dates, although both dates are strongly encouraged.
- **1 service opportunity with their mentor**: Students will select, with their mentor, a service opportunity from page 43 to do together.
- **1 Confirmation Luncheon and Examination by the Session**: On Sunday, May 3, 2026, from 11:30 AM-1:30 PM confirmands, their families, and their mentors are invited to a luncheon in Fellowship Hall, after which the confirmands will be examined for membership by Session members in small groups, and the luncheon will conclude with the confirmands being welcomed into membership of the church.
- **1** *This I Believe* Rehearsal: On Saturday, May 9, 2026, from 1:00-2:00 PM students who are choosing to be confirmed AND students choosing **not** to be confirmed will rehearse in the Chapel for the *This I Believe* celebration.
- **1** *This I Believe* **Service and Celebration**: On Saturday, May 9, 2026, from 2:00-3:30 PM students who are choosing to be confirmed AND students choosing **not** to be confirmed will have the opportunity to speak about what they have learned and be celebrated for all their hard work and the ways in which their participation in the program has been a gift to the church.
- **1 Confirmation Sunday**: On Sunday, May 31, 2026, at worship in the sanctuary at 10:00 AM the confirmands will be publicly welcomed into the church. There will be a brief review of the service beforehand at 9:30 AM in the Social Hall.

Reducing Stress

We don't want this program to add more stress to your life. Here are some strategies that will make *Confirm not Conform* a less stressful—perhaps even enjoyable—experience for you and your family.

Participation

We know that getting youth to attend confirmation classes can become a battleground. If this is an issue for you, there are ways to reduce the contentiousness.

First, understand what confirmation is. Confirmation is an opportunity for those who were baptized as infants to affirm their faith. That's it. It's not a puberty rite. It's not a sign of church membership. Confirmation is a time for a person of any age to say, "I claim the Christian faith for my own." If your child has absolutely no interest in or is not ready to affirm their faith, then you might want to consider waiting until they are.

If, however, you believe that with some encouragement, your child will get a great deal out of an exploration of faith, you may want to set up a trial period after which your child has the option to withdraw. In our experience, we encourage youth to stay until they meet their mentor, which happens towards the beginning of the program. At that time, youth are usually bonded to one another and no longer want to withdraw.

However, if they do, don't do their dirty work for them – and communicating one's wishes and plans is not dirty work. Have your child call and talk with Rev. Nicole directly to explain why they do not want to continue in the program. At the very least, we urge you to have your child claim the right to withdraw and to do so with dignity.

Conflicts with Extracurricular Activities

The schedule for *Confirm not Conform* is printed starting on page 45 of this guidebook. Look through it to determine now if there are any conflicts that you can see with other extracurricular activities and inform the other organization of the conflict as soon as you can. Remember that what you are asking for is time off for a religious observance! When you explain what you are doing in those terms, most people will be understanding.

Don't try to squeeze in every activity, rushing from one to the next and worrying about whether you'll make it. You are allowed to set limits and say that, for this year, your child's spiritual life has priority.

Transportation

Consider different ways youth can get to church so you are not spending most of your time in the car. If at all possible, we always heartily encourage youth to be responsible for themselves. Or arrange with other families to share the responsibility for transporting youth to and from sessions.

Down time

If, due to your circumstances, you and other parents find yourselves driving your children to church at the same time, consider getting together for coffee or a meal to support one another.

Working with Mentors

Being the third wheel in the mentor/youth relationship can be tricky. While it can be very difficult to hand over your child into the care of another adult, trust the process. Obviously, if you sense that there is physical or emotional danger in this relationship, consult with Rev. Nicole. But don't be afraid if your child bonds with the mentor or brings home new and strange ideas. Support and respect your child's relationship with their mentor.

Mentors are instructed to establish clear guidelines with their youth about what is to be held in confidence, so you may not always know what they discuss.

You may wish to communicate with your child's mentor if there are any family rules that you need them to follow or particular concerns that you have.

You will find an article with more information on working with your child's mentor at the end of this guidebook.

Materials

Students will be gifted with a CEB (Common English Bible) version of a student Bible at the start of the program.

This is theirs to keep whether they choose to be confirmed or not. All other class materials will also be provided.

Forms

The parent or legal guardian of each minor must provide the appropriate information and medical forms annually. The information form should include all contacts for the parent or legal guardian. Further consent forms must be signed by a parent or legal guardians for any off-campus events. Any photos at the event that are used in social media or published material by FPC Libertyville must be released by a signed consent form from a participant's parent or legal guardian.

This I Believe celebration

The This I Believe (formerly iConfirm) service and celebration are the very last

things to happen in the formal *Confirm not Conform* program. At the service, youth recite a passage of Scripture and share with the congregation a message about what that means to them. And afterwards, there's a party: the *This I Believe* celebration at which the parents of all the youth serve as hosts.

This does not mean (necessarily) that you will be passing around the trays of cheese snacks. However, it does require advance planning so that by the time you get to the celebration, you'll know everything is ready to go.

If you particularly enjoy planning parties, we encourage you to speak to Rev. Nicole about serving as the Celebration Preps to help coordinate the celebration and serve as the point person on this particular project. We will have an initial planning meeting in the Conference Room on **Sunday, March 1, 2026 from 11:30 AM-12:30 PM**.

A note for youth

If you have made a commitment to be part of the *Confirm not Conform* program, then your primary responsibility is...to participate in the *Confirm not Conform* program. That means attending every session (or making up for any you miss), taking part in field trips, going on retreat, meeting with your mentor, leading worship, attending JHF gatherings, participating in the *This I Believe* service, and making the choice whether or not to be confirmed.

Historically, a confirmation class was designed as a church rite of passage, where a young person crossed over into adulthood and claimed their faith for themselves. If you were baptized as a child in a Christian church, your parents and the whole church took vows to guide and nurture you in the Christian faith. Your faith as a child was wrapped up in the faith of those who love you. Our Confirmation process is designed to help you claim that faith for yourself and make those vows your own.

We have planned a program of worship, study, fellowship, and service which will give you the opportunity to not only learn about the faith, but will also give you the opportunity to question, explore, experience, and wonder about the God who loves you and wants to be in relationship with you!

You are *not* required to be confirmed. In fact, it is very important to us that when you choose whether or not to be confirmed, you take that decision seriously. If by the end of the program you do not feel you are ready to be confirmed or do not want to be confirmed, then we strongly urge you not to get confirmed. Obviously, if you want to get confirmed, then we're all for that, too. But the choice of whether or not to get confirmed is yours to make and yours alone.

As the title of the program suggests, you will not be required to conform to a certain set of beliefs. Our hope is that through the *Confirm not Conform* program, you will be able to explore what you believe, ask honest questions, and share with your family, your mentor, and your congregation what is important to you.

Oh, and we want you to have a great time. We think you will.

Section 5

Resources

What Is My Role as a Mentor?

It seems simple at first, the notion of being a mentor: someone who spends time with a young person. But once you are in the mentor role, you may find yourself in situations where you are uncertain about your part in the relationship. Is it appropriate to provide discipline when they're out of line? What if I suspect they are experiencing trouble at home—what is my responsibility? How can I have the most positive impact on my mentee?

There is no one answer concerning what your role is or is not. If you are involved in a formal mentoring program, Rev. Nicole may be able to provide clearer direction for you based on the program's rules and expectations. In general, here are some basic guidelines to help you determine your role with your mentee.

YOU ARE . . .

- ... a friend. Like peer friendships, mentors and mentees do things together that are fun and engaging. They support each other both in good times and in tough times. They teach each other. They help each other. They're honest with each other. And sometimes they have to have hard conversations about concerns they have, asking the right questions at the right time. By being a good listener and engaging in authentic conversations with your mentee, you are helping them develop important life skills.
- ... a role model. You are expected to set a good example to the mentee for how to live your life. This is not the same as being perfect. Rather, it is about acknowledging your imperfections and sharing your strengths. It is also about advocating for your mentee when dangers to their physical or emotional well-being are present.
- . . . a confidant. Building a close relationship with your mentee will help them build better relationships with others in their life as well, such as parents and peers. In the process, your mentee may tell you things they do not feel comfortable telling anyone else. Sometimes they may tell you about their hopes, dreams, or insecurities. Other times they may reveal mistakes they have made. Unless your mentee is in trouble and needs outside help, try to keep their private comments between the two of you. Your role is to be supportive of your mentee as a person with potential, regardless of the kinds of actions or attitudes they confide in you.
- ... a nurturer of possibilities. Your role is to see the gifts and strengths of your mentee and help them flourish personally. You should help your mentee channel their gifts toward actions that make them a resource to others in their family, neighborhood, school, or community.

YOU ARE NOT...

... a mentor to the family. Your role is to provide special attention to your mentee. While getting

acquainted with parents, caregivers, and siblings can be helpful to understanding your mentee and their situation, your energy and attention should be focused on providing support to your mentee.

... a social worker or doctor. If your mentee tells you about experiences or health conditions that concern you, always turn to the pastoral staff for help. Although arming yourself with information about, say, a learning disability or abuse may help you understand your mentee better, it is not your responsibility to try to address

conditions or situations that require professional help. The pastoral staff may be able to find additional help for the mentee, including local information and referral services.

... a savior. You should not see your role in this relationship as coming in to make a young person's life better or to fix their problems. Certainly your support can help your mentee overcome hurdles. But don't forget that every young person—regardless of their circumstances—has gifts and talents that make them more than a "recipient" of your support. Your mentee should be treated as having much to offer to the world, because they do.

"What is My Role as a Mentor?" from *Mentoring for Meaningful Results*, used with permission from Search Institute, Minneapolis, MN. More information is available at www.search-institute.org.

Supporting Your Child's Relationship with a Mentor

What Can I Do to Help Make This Work?

By involving your child in a mentoring relationship, you have taken a very important step to making sure your child gets what they need in life. Every young person benefits from having another caring adult in their life—someone who supports your child, believes in them, and can be another person your child turns to when they're having a tough time—so kudos to you for welcoming a mentor into your child's life!

A good mentor-mentee relationship takes time to develop. Just like the start of any friendship, the mentor and your child will need to spend some time getting to know each other. They may encounter difficulties or misunderstandings along the way. There will be ups and downs.

You as a parent or caregiver can play a very important role in helping their friendship grow and develop, regardless of whether or not you have much direct contact with the mentor. Here are some tips to help you support your child's new mentoring relationship:

- Be positive. Let your child see that you are happy they have a mentor in their life. When your child tells you about their visit with their mentor, listen for the positive experiences, even if your child doesn't seem very excited about the visit. (For example, you might point out, "Well, it sounds as if you two have some things in common. Getting to know someone isn't always easy, but give it time.")
- Tell your child the positive skills and behaviors you see them developing as a result of having a mentor, and let them know that you are pleased with those changes. ("I've noticed that since you started hanging out with Joe, you've gotten your homework done on time more often. I'm proud of you!")
- Let the mentor know how much you appreciate that they are a part of your child's life. An occasional card or just telling them "thank you" can do much to make the mentor feel they matter.
- Encourage your child to show their mentor that they appreciate them.
- If you are present when your child and mentor get together, be available but not overbearing.
- Show your interest by asking some questions, but try not to make demands.
- Share feedback from your child with Rev. Nicole. Occasionally, check in privately with the mentor and see how the relationship is going.

- Help your child remember when their next visit with their mentor is scheduled. Help them use a calendar or day planner to keep track of visits with their mentor, as well as other activities going on in their life. Try to be as flexible as possible with the scheduling of activities.
- Give your child's mentor copies of school calendars so that they know about time off for holidays, opening and closing days of the school year, special events, and other considerations.
- It's always a good idea to provide your child's mentor with emergency contact information for someone with a phone, just in case something happens and the mentor cannot reach you.
- Let Rev. Nicole or your child's mentor know if there has been a change or incident in your child's home life that the mentor should know about. Did you two have a particularly bad fight recently? Has there been a death in the family? Are there financial stresses in the household right now? Is one of their siblings in need of extra attention right now? This kind of information will help Rev. Nicole and the mentor to more effectively support your child. You may also want to make some suggestions about how the mentor can be supportive in these situations.
- Be prepared in the back of your mind for the inevitable end to the mentoring relationship. Every mentoring relationship ends at some point. Some mentoring programs are designed so that the mentor and mentee are together for a limited time. If the relationship is strong and life remains relatively stable for the mentor and your child, it may not end until your child graduates from high school. The fact that your child's mentor has gone through a recruitment, training, and screening process is a good sign that they are committed to staying involved with your child over a significant period of time. Unfortunately, sometimes things change in either the mentor's or your child's life that are out of either one's control, and a relationship may need to end prematurely. Remember that sometimes a mentoring relationship ends in a healthy way for good reasons. For example, your child may get swamped with school activities like band and sports, or the mentor may be busy with a new baby. No matter what the reason, you can be ready to listen and provide extra support when the relationship ends.
- Remember that the mentor is not going to replace you. You are still your child's parent, and nothing will ever change that. The mentor can complement and reinforce what you are doing as a parent, helping you be even more effective.

From Mentoring for Meaningful Results: Asset-Building Tips, Tools, and Activities for Youth and Adults. Copyright © 2006 by Search InstituteSM; 800-888-7828; www.search-institute.org.

Conversational Jump-Starters

The following conversation starters are adapted from "101 Relational Discussion Starters" by Tony Akers in the Nov. 12, 2000, issue of *Group Magazine*. (Used by permission.) The first group of questions may be easier when you are first getting to know your mentee. After you've established trust, you may find the latter questions more effective. A few questions are given under more than one category.

Activities/Interests

- What's your favorite TV show? What do you like best about it?
- What's your favorite movie? What do you like best about it?
- Who's your favorite music artist or group? What makes you gravitate to him/her/them?
- What's your favorite time of year—winter, spring, summer, or fall? Why?
- Who's your favorite author? Tell me about the last book you read by that author.
- What's your favorite day of the week? Why?
- Describe your favorite toy as a child.
- What's your favorite website/YouTube channel? Why?
- What's your favorite ride at an amusement park? Why?
- What's your favorite thing to wear? Why?
- What's your favorite fast food restaurant? Why? What's the most memorable thing that ever happened to you there?
- What's your favorite time of day? Why?
- What's your favorite food? Where's your favorite place to eat it?
- What's your favorite dessert? Describe a time when you had that dessert as a child.
- What's your favorite thing to do on an unexpected day off from school?
- What's your favorite holiday? Why?
- What's your favorite candy? Why?
- What's your favorite sport to watch? to play?
- What's your favorite city? Why?
- What's your favorite hobby? How does that hobby reflect your personality and passions?
- Have you ever caught a fish? If so, tell me about it. If not, would you like to? Why or why not?
- Do you like to cook? If so, what do you like to make? If not, what do you wish you could make for yourself?
- Do you have any musical ability? If so, what do you enjoy about it? If not, what skill would you love to learn?
- When and what have you collected during your life?
- Have you ever grown anything? If so, what?
- Do you have a job? If so, what do you like and dislike about it?
- What makes you laugh? Why?

Preferences/Heroes

- What's the best and worst thing about your school?
- What's your best subject in school? Why are you so good at it?
- Tell me about the best teacher you ever had.
- What do you like best: rivers, lakes, ponds, or streams? Why?
- Which do you like better sunrise or sunset? Why?
- What's the best gift you've ever received? Explain.
- What's the best gift you've ever given? Explain.
- Imagine a "best day ever." What kinds of things would you do?
- Do you like cats or dogs better? Explain.
- Do you have a hero? Describe them.
- Would you rather cut grass or rake leaves? Why?
- Would you rather go to the dentist or the doctor? Explain.
- Would you rather have many friends or one good friend? Explain.
- During your free time would you rather be alone or with a group?
- Do you make decisions slowly or quickly? Why?
- Would you rather lead or follow? Why?
- If you were hiking down a path and it came to a "Y," would you take the well traveled path or the overgrown path?
- What adult, other than your parent(s), would you turn to if you needed help? Why?

Personal History/Family

- What's been the highlight of your day or week?
- What's been the low point of your day or week?
- What's the worst injury you ever sustained?
- When and how have you volunteered to help others? How did it make you feel?
- Have you ever been stung by a bee, wasp, or hornet? Tell me about it.
- What's the strangest thing you ever ate?
- Do you have family rules? What are they?
- When your family eats a meal together, what do you typically talk about?
- How does your family celebrate birthdays?
- What chores or responsibilities do you have at home?
- Are your grandparents still living? If so, what do you like best about them? If not, what's your favorite memory of them?
- Do you have siblings? If so, what do you like most and least about them? If not, what do you imagine would be the best thing about having siblings? the worst thing?
- Do you have extended family? If so, do they live close to you or far away? How often do you see them? What's the best time you ever spent with them?
- Do you have a pet? If so, describe one of your most memorable experiences with that pet. If not, what kind of pet would you like to have, and why?

- Do you get an allowance? If so, how much, and what are you supposed to use it for?
- If you had one day to live over again, what day would you pick? Why?
- What's something you've seen or done you wish you could get out of your mind?
- Have you ever built anything? What was it? How did you feel when you finished?
- Describe the scariest experience of your life.
- Have you ever seen a sunrise? What were you doing, and how did it feel?
- When and what have you collected during your life?
- Have you ever received an award for anything? If so, what was it, and how did it feel to get it?
- Describe a time you felt special.
- Have you ever been in a play? What part did you play?
- Have you ever ridden in a boat? What was it like?
- If you've ever flown in an airplane, describe what it was like the first time you took off and landed.
- Have you ever been to a concert? What did you like and dislike about it?
- Have you ever been "cut" from a team? How did you cope with that?
- What's your greatest achievement?

Dreams/Hypotheticals

- If you could choose a vacation spot anywhere in the world, where would it be, and why?
- What's your dream job? What might be your dream job 10 years from now?
- If you had to be allergic to something, what would it be?
- If money and time were no object, what would you be doing right now?
- What would you do with \$1,000? Why? \$1 million? Why?
- If your house was on fire and you could choose only one thing to save (besides family members), what would it be? Why?
- Have you ever seen a falling star? Did you make a wish? What was it?
- Let's say you were sent to live on a space station for three months and you were allowed to bring only three personal items with you—what would they be?
- If you could buy a car right now, what would you buy? Why?
- If you could be any actor in the world, who would you be, and why?

Values

- What surprises you most about adults?
- What disappoints you most about adults?
- What's the best and worst thing about church?
- What makes you happy? Why?
- What makes you sad? Why?
- Who's your "faith hero"? Explain.
- Would you tell someone the truth even if it hurt that person's feelings? Why or why not?
- Has someone close to you ever died? How did you handle that?
- If you sat down next to Jesus on a bus, what would you talk about?

Active Listening

Margaret Alter, PhD

In my experience teaching communication skills to parents, teachers, seminarians, and other professionals, I have found that we are a talky culture, and that genuine empathic listening is a remarkably difficult skill to learn. Yet it is particularly Christ-like; Jesus demonstrates it frequently in gospel healing stories. In the story of Bartimaeus in Mark 10, for example, he does not assume he knows what Bartimaeus wants of him; he asks and then listens.

Attentive listening—focusing on the other, quietly listening and perhaps saying "Uh huh" or "I see"—can be very soothing. Just the sense that someone is really trying to hear and understand one's point of view is grace. For the listener, note that you do not have to agree or disagree. Your role is only to hear the speaker's point of view. Listening is not about you.

Active (or reflective or participatory) listening deepens this graciousness and tends to be more soothing. Active listening can be done as either paraphrasing or reflecting the feeling you think you are hearing. You as listener use statements, not questions. The statements are tentatively offered.

Listeners should also be aware of what I call "body magic." We do communicate through our use of space and posture and such. Some factors in "body magic" include: proximity (intimacy is fostered by physical nearness); height (height is equated with power. get to eye level to establish equality); posture (a relaxed, receptive posture is ideal); eye contact (important in euroamerican culture); pace (match the other's pace or slower); and use of silence.

The intent of active listening is to encourage the person to keep on talking. For example, active listening in a conversation between you and your young friend might go as follows:

14-yr.-old: "I hate my math teacher—Mr. Davis. He is incredibly mean."

You: (paraphrasing) "You have had it with your math teacher." (stated tentatively, suggesting that the youth may confirm or deny)

14-yr.-old: "Yes! He is so mean, so mean! (close to tears) He is always embarrassing students who make mistakes in class."

You: (trying to determine the feeling) "That sounds frightening. You must wonder when Mr. Davis is going to get you." (or) "You sound worried."

14-yr.-old: "I wouldn't talk in class, but he calls on you!"

You: (feeling) "Scary."

14-yr.-old: "Today he called on me just as the bell rang. I have to be first tomorrow."

You: (feeling) "Big stressor."

14-yr.-old: "I'm going to know that stuff so well! Mr. Davis really knows math. If you do well in his class, you really know your stuff. Will you quiz me?"

Another example, this time with a peer:

Peer: (grumbling) "Oh, brother! It's Monday again."

You: (paraphrasing) "Monday is not your day." (stated tentatively—or—) "It's hard to begin a new week."

Peer: "Oh, not really. It's just that single parenting is so complicated. Weekends are so busy; I never feel rested."

You: (trying to determine the feeling) "You sound hassled."

Peer: "That is certainly true. I need a 13th month to do all the things that don't fit into 12."

You: (paraphrasing) "Life is too complicated. Too much to do and too little time." (trying for the feeling) "Sounds discouraging."

Peer: "Well, perhaps it is sometimes. It helps to talk about it."

Active listening is a gift to oneself as well as to one's loved one. You do not need to agree or disagree. You do not need to know the answers. You do not need to have any clever advice. Listening does not change any of the facts at all. Your greatest task is to master your sense of powerlessness and stay graciously attuned to the speaker. Our task is tenderly to accompany our friend or loved one as God accompanies us.

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Child/Youth/Vulnerable Adult Protection Policy

Abiding by the Child/Youth/Vulnerable Adult Protection Policy

A Child/Youth/Vulnerable Adult Worker, whether on paid staff, contractor or volunteer basis, shall be subject to:

- 1. FPC Libertyville's receipt of a completed and signed criminal background check authorization form for those 18 and over, prior to working with children, youth or vulnerable adults, and every year thereafter. FPC Libertyville covers the cost of the background checks for all Child/Youth/Vulnerable Adult Workers.
- 2. FPC Libertyville's receipt, annually of:
- A signed form verifying the Child/Youth/Vulnerable Adult Protection Policy Summary and Acknowledgement has been read.
- A signed copy of the Indemnity and Hold Harmless form, indicating it has been read.

All Child/Youth/Vulnerable Adult Workers, paid, contracted or volunteer, must participate in training sometime within the year prior to working with children/youth and/or vulnerable adults. The training is to be provided by FPC Libertyville and shall cover the Child/Youth/Vulnerable Adult Protection Policy thoroughly as well as methods of abuse prevention and a detailed plan of reporting. FPC Libertyville may contract with others to provide these trainings. These trainings shall further cover:

- How to recognize signs and symptoms of abuse and neglect.
- Mandatory criminal background checks and the security of those files.
- Appropriate boundaries with children/youth and/or vulnerable adults, including use of technology.
- Fire and building safety.
- Information on the Safe Child Response Team

Additionally, Illinois state law requires that all Child/Youth workers complete an "initial mandated reporter training within 3 months of their start of service" (Statute 325 ILCS 5/) and every three years thereafter. This training is provided free of charge through the DCFS website. Once complete, the certificate of completion must be submitted to the appropriate staff person.

Two-Adult Rule

Two unrelated, screened and qualified Child/Youth Workers should always be present in groups of minors.

Open Doors and View Windows

When minors and adult volunteers are in a room, the door must have a view window installed for the door to be closed. If no view window is installed in the door, the door should remain open at all times.

Privacy Regarding Photos/Videos

Adult volunteers should respect the privacy of the minors to whom they provide care. Responsible use of digital devices and cell phones is required in all situations (ex. Taking age-appropriate photographs and videos; **not** taking photographs and/or videos of minors or vulnerable adults who are not fully clothed.) Adult volunteers are not permitted to take photographs and/or videos of minors under their care and/or share them in any way without the written permission of the parent or legal guardian.

Transportation

All adult drivers at youth events must be approved Child/Youth Workers and have proper licensure and insurance on file with FPC Libertyville. All vehicles used must have seat belts for the driver and each passenger. No minor under eighty-five pounds may sit in the front seat of any vehicle. All drivers transporting minors must be over the age of twenty-five and be informed that if their vehicle is used, their insurance would be primary if an accident occurs. If a charter bus is rented, or any outside carrier is contracted, the company hired must ensure criminal background checks on their drivers. No minor may be a driver at any event or activity (this includes golf carts at events.) Anyone who has a conviction within the past 10 years for DUI or driving under the influence of a controlled substance should not serve as a driver for youth events.

One-on-One Interactions

Private one-on-one meetings with a minor or vulnerable adult are prohibited unless absolutely necessary **AND** the parent/legal guardian is notified. Staff Youth Leaders and approved adult volunteers may meet with one or more minors in public places without the presence of another leader. When so necessary or permitted, the following guidelines shall apply to one-on-one interactions:

- a. When meeting one-on-one with a minor, always do so in a public place in full view of others.
- b. Keep doors open.
- c. Avoid all physical signs of affection that can be misinterpreted.
- d. If meeting in a room or office with a minor, leave the door open or move to an area that can be easily observed by others passing by.
- e. In the event a minor initiates an unplanned meeting with a minor leader in a non-public location, the leader shall, as promptly as reasonably possible, move the meeting to a public location, involve a second adult, terminate the meeting, or, in the case of a Staff youth leader, inform a second Staff member of the meeting. Where appropriate, the leader should promptly advise a parent/legal guardian of the minor of the meeting.
- f. Never be the only two in a building go outside or meet at another time and place or call someone to be with you in the building.
- g. Inform other employees and/or adults that you are alone with a minor and ask them to randomly drop in. (Ask to be supervised.)
- h. Document and immediately report any unplanned meetings in non-public locations, unusual incidents, including disclosures of abuse or maltreatment, behavior

problems and how they were handled, injuries, or any other interactions that might be misinterpreted. Submit this documentation, including name of the minor, the date of the meeting, the place of the meeting, and whether a parent or legal guardian was contacted, to the head of staff within 3 days of the incident.

Code of Conduct

All Youth Workers for any First Presbyterian Church of Libertyville sponsored event must abide by a code of conduct that emphasizes the following prohibited behaviors. Some of these prohibited behaviors include but are not restricted to:

- a. Display of sexual affection toward a youth.
- b. Use of profanity or any inappropriate or potentially offensive language.
- c. Discussion of sexual encounters with or around youth or in any way involving youth in personal problems or issues.
- d. Dating or becoming "romantically" involved with youth.
- e. Using or being under the influence of alcohol, marijuana, or illegal drugs in the presence of youth.
- f. Possessing sexually oriented materials including printed or online pornography on church property or property being utilized for a church event.
- g. Having secrets with youth.
- h. Staring at or commenting on youth's bodies.
- i. Engaging in inappropriate or unapproved electronic communication with youth.
- j. Abusing youth in any way, including (but not limited to) the following:
- Physical abuse: hit, spank, shake, slap, unnecessarily restraint. (Note: physical restraint to prevent a child from doing something disruptive or dangerous is permitted and may, in some instances, be necessary.)
- Verbal abuse: degrade, threaten, or curse.
- Sexual abuse: inappropriately touch, expose oneself, or engage in sexually-oriented conversations.
- Mental abuse: shame, humiliate, act cruelly.
- Neglect: withhold food, water, shelter.
- Permit minors or vulnerable adults to engage in the following: hazing, bullying, derogatory name calling, ridicule, humiliation or sexual activity.

Appropriate Physical Interactions

Appropriate physical interactions showing approval and affirmation may include:

- Side hugs
- Shoulder-to-shoulder or "temple" hugs
- Pats on the shoulder or upper back
- Handshakes
- High-fives and hand slapping and fist bumps
- Verbal Praise

- Pats on the head when culturally appropriate
- Touching hands, shoulders and arms
- Arms around shoulders
- Holding hands for prayer or for escorting young children.
- Youth Workers are encouraged to ask a youth for permission before initiating any physical contact.

At any time, these permissible interactions may be inappropriate if unwanted by the minor or the adult volunteer.

Adults Should Not Under any Circumstances —

- provide youth with alcohol, illegal drugs (including cigarettes), or pornography;
- consume alcohol or illegal drugs or misuse legal drugs in the presence of youth;
- be under the influence of alcohol, illegal drugs, or misused legal drugs in the presence of youth;
- engage in illegal behavior or permit other adults or youth to engage in illegal behavior;
- engage in any sexual, romantic, illicit, or secretive relationship or conduct with any youth; or
- discuss their own sexual activities or fantasies with youth.

Responding to Concerns

Anyone who has reason to suspect that child abuse has taken place at church, or that a child from the church may have been abused in another setting, should inform a pastor immediately. Any mandated reporter (including the pastor so informed) who has reason to suspect that child abuse has taken place shall report it to the appropriate civil authority.

Adapted from Called to Right Relationships: Policies, Standards and Resources for Ensuring that Our Congregations are Safe Places for All God's People, published by the Diocese of California, San Francisco, 2008 (www.diocal.org). Used by permission.

ALWAYS DOUBLE-CHECK WORSHIP TIMES

trinityunitedchurchofchrist.online.c

https://

hurch/

Trinity United Church of Christ

Sundays, 7:30 AM, 11:00 AM & 6:00 PM online

in-person

Illinois 60628

Approved Service Opportunities

• BERNIE'S BOOK BANK •

Volunteer info can be found at www.berniesbookbank.org/volunteer/ Bernie's Book Bank Processing Center 917 North Shore Drive in Lake Bluff 847-780-READ (7323)

Bernie's Book Bank collects, processes, and distributes quality new and gently used children's books to significantly increase book ownership among at-risk infants, toddlers, and school-age children throughout Chicagoland.

• DEACONS—SENIOR MINISTRY TEAM •

2nd Sunday of each month (1:30-2:15 PM) at Green Oaks Senior Living (14595 W. Rockland Road, Libertyville)

3rd Sunday of each month (1:30-2:15 PM) at Sedgebrook (800 Audubon Way, Lincolnshire) Lennie Blair (lblair@boxp.net)

The Deacons coordinate monthly worship / communion services at area senior living facilities. You can assist with: greeting the residents, sharing your musical talent, or reading Scripture.

• FEED MY STARVING CHILDREN (FMSC) •

Volunteer info can be found at www.fmsc.org 742 East Park Avenue (Hwy 176) Libertyville, IL 60048 (behind Life Storage, use same parking entrance) 847-984-3846

Meals specifically formulated for malnourished children are hand-packed then shipped to nearly 70 countries around the world. Shifts are ordinarily two hours in length. For every four students there must be one adult. \$\$ donations are not required but are appreciated.

* Students are welcome to propose other, more personal service opportunities to be accepted for fulfilling the service expectation. *

date	start time	end time	JHF event
9/7/2025	4:00 PM	6:00 PM	
9/21/2025	4:00 PM	6:00 PM	
10/5/2025	4:00 PM	6:00 PM	
10/12/2025	4:00 PM	6:00 PM	Combined JHF/SHF: Fall Fest at Townander's barn
10/19/2025	4:00 PM	6:00 PM	
11/2/2025	4:00 PM	6:00 PM	
11/16/2025	4:00 PM	6:00 PM	
11/30/2025	4:00 PM	6:00 PM	Combined JHF/SHF: Friendsgiving
12/7/2025	4:00 PM	6:00 PM	
1/18/2026	4:00 PM	6:00 PM	
2/1/2026	4:00 PM	6:00 PM	
2/15/2026	4:00 PM	6:00 PM	
3/1/2026	4:00 PM	6:00 PM	
3/15/2026	4:00 PM	6:00 PM	
4/19/2026	4:00 PM	6:00 PM	
5/3/2026	4:00 PM	6:00 PM	FINAL Combined JHF/SHF end-of-year potluck/

								1:00-11:45	1:00-11:45	1:00-11:45	1:00-11:45	1:00-11:45	1:00-11:45	1:00-11:45
notes	PARENT/GUARDIAN MEETING 11:30 AM-12:30 PM	CONFIRMATION RETREAT	CONFIRMATION RETREAT				mentors attend	mentors attend a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM	mentors attend a dedicated space and time for mentors and confirmands to meet from 11: AM	mentors attend a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM	mentors attend a dedicated space and time for mentors and confirmands to meet from 11: AM a dedicated space and time for mentors and confirmands to meet from 11: AM	mentors attend a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM	mentors attend a dedicated space and time for mentors and confirmands to meet from 11: AM a dedicated space and time for mentors and confirmands to meet from 11: AM a dedicated space and time for mentors and confirmands to meet from 11: AM mentors attend	mentors attend a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM mentors attend a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 a dedicated space and time for mentors and confirmands to meet from 11:00-11:45
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You		TBD	TBD	Youth		Room								
				Introduction to Confirm not Conform (1)	Where Do You Stand: The Gospel According to Whom	(2)	(2) Where Do You Stand: Meet	(2) Where Do You Stand: M CnC Café	Where Do You Stand: M CnC Café Heretics R Us (4)	Where Do You Stand: M CnC Café Heretics R Us (4) CnC Café	Where Do You Stand: M CnC Café Heretics R Us (4) CnC Café Teach Us to Pray: The Lord's Prayer (6)	Where Do You Stand: M CnC Café CnC Café CnC Café CnC Café CnC Café ConC Café ConC Café	Where Do You Stand: M CnC Café CnC Café CnC Café CnC Café ConC Café ConC Café Faith in Action: Pain to Power (9)	Where Do You Stand: M CnC Café CnC Café CnC Café CnC Café ConC Café CnC Café CnC Café CnC Café CnC Café CnC Café CnC Café
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date session	8/17/2025	8/22/2025	8/23/2025	1/2025	9/21/2025	L	10/5/2025		1 10	 	<u> </u>		 	

date	session	topic	location	notes
11/30/2025		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
11/30/2025	8	Faith in Action: The Issue of Power (11)	Youth Education Room	
12/7/2025		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
12/7/2025	6	Scripture: A Mad Dash through a Good Book (5)	Youth Education Room	
12/14/2025		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
12/14/2025	10	Scripture: The Bible by Heart (12)	Youth Lounge	mentors attend
12/15/2025		likely date for service project presentation to Session	Conference Room	8:00-8:15 PM
12/20/2025		Mobile Food Pantry #1	narthex	One of two Confirmation Class service opportunities 7:30-9:30 AM
1/18/2026		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
1/18/2026	11	Tradition: The Nicene Creed (7)	Youth Education Room	
1/24/2026		Youth Sunday Rehearsal	Sanctuary	9:30-11:30 AM
1/25/2026		Youth Sunday	Sanctuary	10:00 AM
2/1/2026		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM

date	session	topic	location	notes
2/1/2026	12	Tradition: Church History Continued/World Council of	Youth Education Room	
2/22/2026		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
2/22/2026	13	Tradition: Our Neck of the Woods (13)	Youth Lounge	mentors attend
3/1/2026		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
3/1/2026	14	Tradition: The Church through the Year (15)	Youth Education Room	
3/15/2026		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
3/15/2026	15	Tradition: The Priesthood of All Believers (16)	Youth Education Room	
4/12/2026		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
4/12/2026	16	Where Do You Stand: Where Do You Go from Here? (20)	Youth Education Room	
4/18/2026		Mobile Food Pantry #2	narthex	One of two Confirmation Class service opportunities 7:30-9:30 AM
4/19/2026		CnC Café	Dougherty Room	a dedicated space and time for mentors and confirmands to meet from 11:00-11:45 AM
4/19/2026	17	Where Do You Stand: The Power to Choose (18)	Youth Lounge	mentors attend
5/3/2026			Fellowship Hall	CONFIRMATION LUNCHEON & CONFIRMAND EXAMINATION BY SESSION 11:30 AM-1:30 PM
5/9/2026			Chapel	THIS I BELIEVE REHEARSAL 1:00-2:00 PM
5/9/2026			Chapel	THIS I BELIEVE CELEBRATION 2:00-3:30 PM
5/31/2026			Social Hall	CONFIRMATION REHEARSAL 9:30 AM
5/31/2026			Sanctuary	CONFIRMATION 10:00 AM

Student Responsibility Handy Checklist

□ reporting to Nicole about field trip experiences

(Confirmation Sessions (17 total)	Worship Participation /
Su	ndays, 3:00-4:00 PM	Leadership (1 minimum)
	September 7, 2025	□ Youth Sunday, January 25, 2026
	September 21, 2025	□ Other:
	October 5, 2025	□ Other:
	October 19, 2025	
	October 26, 2025	
	November 2, 2025	
	November 16, 2025	
	November 30, 2025	
	December 7, 2025	Community Service (2 minimum)
	December 14, 2025	With Confirmation Class Peers
	January 18, 2026	7:30-9:30 AM
	February 1, 2026	□ Mobile Food Pantry, December 20,
	February 22, 2026	2025
	March 1, 2026	□ Mobile Food Pantry, April 18, 2026
	March 15, 2026	With Mentor
	April 12, 2026	□ Your Choice:
	April 19, 2026	
	Other Important Dates Session presentation: likely Monday, December	JHF/SHF Gatherings
	15, 2025	(4 minimum)
	Confirmation Luncheon: Sunday, May 43 2026	Your choice
	11:30 AM-1:30 PM	□ Date 1
	This I Believe Rehearsal: Saturday, May 9, 2026	□ Date 2
	1:00-2:00 PM	□ Date 3
	This I Believe Service and Celebration: Saturday,	□ Date 4
	May 10, 2025 2:00-3:30 PM	□ Date 5
	Confirmation Rehearsal: Sunday, May 31, 2026	□ Date 6
	9:30 AM	
	Confirmation Service: Sunday, May 31, 2026	
	10:00 AM	
		Bible Passage Memorization
	Field Trips (2 minimum)	
Yo	our choice	
	Field Trip 1	
	Field Trip 2	
	Field Trip 3	