

SPOTLIGHT FOR SEPTEMBER

LIFE TEEN - HIGH SCHOOL YOUTH MINISTRY PROGRAM

Life Teen is nothing like any other teen program you may have experienced before. Life Teen is a Roman Catholic teen ministry program designed to lead teens closer to Christ through a dynamic weekly Mass and Life Night.

Life Nights are fun-filled, high energy evenings that reach teens on four levels: spiritual, emotional, social and educational. Life Nights are held Sunday evenings from 5:15 – 7:15 pm and all high school teens are welcome to attend. We serve a free dinner at 5:15pm prepared by volunteers from our community on our Cooks & Clean Up Team. The Life Nights are facilitated by our adult Core Team.

Mass is planned with teenagers in mind – music that touches you, with sounds you know: drums, electric guitars, bass and keys. The homilies deal with topics teenagers need to hear about: relationships, drugs, suicide, peer pressure, the difficulty of balancing friends, family, work and school; and what the Gospel has to say about all these things. All are welcome to attend Life Teen masses at St. Paul the Apostle Parish at 7:30 pm.

Our Fall Kickoff night is on Sunday, September 18th at 5 pm. For more information please contact Nadia and Mike Gundert at 613-549-7044, email us at lifeteenkingston@gmail.com, check us out on facebook at Kingston Life Teen or visit www.lifeteen.com