

ADMA Youth

ADMA Youth is a proposal to the young of an itinerary of Christian life inspired by *Novo Millennio Ineunte* of St. John Paul II. It is the youthful expression of the Association of Mary Help of Christians: to live one's faith experience, love for the Father, the Son's redeeming work, and the power of the Holy Spirit with Mary Help of Christians by putting oneself at the service of the Gospel and of the Church.

This idea has shown itself to be a gift from Mary Help of Christians: the Torino-Valdocco group that is linked with ADMA Families, the group from Avigliana (Torino), the group "Fire Power with Mary Help of Christians", part of the Shalom Community in Palazzolo S/O, the group in the diocesan parish of St. Paul in Messina, and other youth groups present in various parts of the world (Venezuela, Bolivia...) notwithstanding that they grew up in very different contexts, are the fruit of Mary Help of Christian's action in the varying circumstances of our pastoral life: families, parish realities, and half-way house communities...

Defining Elements:

- The reference to Don Bosco's "Dream of the **Two Columns**": Jesus in the Blessed Sacrament, the salvation of believers, and Mary, the Immaculate Help of Christians. This translates into a fervent and assiduous Sacramental life, into a filial love for Mary, and into joyous witness to the Catholic Faith.
- The tight link between the **Youth and Family Pastoral** as a concrete reply to the educational emergency that exists at the present moment and to the great cultural and anthropological challenges, with the conviction that the family is the fundamental cell of society and of the Church.
- The promotion of **formation paths** oriented toward living and giving witness to **youthful sanctity**, in the apostolic spirit of Don Bosco, through a commitment to service and animation.
- To live the **daily entrustment to Mary**:
 - **to be available, like Her**, in listening to and living the Word of God, nourished by the Eucharistic Bread, the food of the strong and the bread for the journey;

Animating ADMA Youth Groups

The groups are animated both by the children and young adults who belong to it as well as the animating and guiding presence of Priests, Religious, parents, educators... still to be fostered as animators is the presence of the ADMA Families couples. The presence of adults and some young adults manifests the importance of working in agreement with both the ADMA group to which they belong as well as with the Salesian and Diocesan Youth Pastorals. The animating team must hold meetings specifically for the purpose of planning, of discernment, and of accompanying individual children and young adults.

The educational journey concerns both the areas of maturing as humans and as Christians as well as the commitment to animation and service. The content of the path make reference to ecclesial events, the annual path for the Salesian Family as inspired by the Rector Major's Strenna, the proposals of the SYM, and the specific indications of ADMA.

ADMA Youth shall be represented on the Local Salesian Family Commission by a councilor entrusted with this sector.

ADMA Youth and ADMA for Adults

ADMA Youth participate fully in the spirit and the life of the Association even with modalities and moments specifically for them. Of particular value is the fact that many of the children and the young adults are the sons and daughters of couples who belong to ADMA. This reality fosters faith journeys with a view to generating life, attentive to family realities, and imprinted with the family spirit. In a socio-cultural context such as ours, marked by anthropological and ethical relativism, we recognize the close relationship with families as a true and proper extra value both for the apostolic efficacy of ADMA and for the affective formation of the young, as well as the possibility of the renewal of education according to Gospel values.

ADMA Youth and SYM (Salesian Youth Movement)

ADMA Youth is part of the Salesian Youth Movement, with its own proper modalities. Forms of contact and participation with the SYM must be created, even for the sharing of values, experiences, and getting to know each other. In particular: annual gatherings for formation, commitment and celebrations; summer initiatives; and for those young people open to it: province discernment groups.

- **to be faithful, like Her, to the Gospel**, giving joyful and courageous witness to one's identity as a young Christian, fighting against every form of evil and sin, through the daily examination of conscience, through the reception of the Sacrament of Confession, and by valuing spiritual direction;
- **learning from Mary to live the Gospel of charity** in a spirit of friendship and of generous service to others, above all to the least and the needy. Pope Francis beckons us urgently: "I wish that you would make yourself heard in your dioceses, that it may go out; I wish that the Church "go out into the streets" and that we defend ourselves from all that is worldly, immobilizing, from luxury and easy-living, from clericalism, and from whatever keeps us closed in on ourselves";
- **by magnifying the Lord with Her** for the miracles that He works, by living a joyful and happy life, the prelude to the Heavenly Feast. This means that every day we call to mind and commit to memory all the gifts we receive from God so we may know how to pass this on to future generations with our courageous witness to the Faith.

Belonging to the Association is the **answer to a call** from Mary Help of Christians to the children and young adults. It commits them to live their Faith and their path of human and Christian maturation in a spirit of friendship and commitment, faith and charity, and joyous witness and generous self-giving through the assimilation of the teachings, the spirit, and the style of **Don Bosco's Preventive System**.

Their apostolic commitment is characterized by a Marian style and adapted to the possibilities of each child and young adult, with the realization that "faith is reinforced by sharing it." (St. John Paul II) The following areas of such a commitment are of special note: animation of little children, assistance, forms of charity and service to the poor, service as a catechist...

Age requirements to join go, preferably, from 14 to 20 years of age, with the intention of maturing into a free and knowledgeable belonging to the Salesian Family and, specifically, to the Association of Mary Help of Christians, as the Regulations of the Association itself state.

Points for Planning

- Follow ADMA's **annual path** and the proposal of the Youth Pastoral inspired by the Rector Major's Strenna.
- Present **ADMA's Rule** and the Salesian devotion to Mary Help of Christians gradually.
- Give importance to **regular times** for encounters, prayers, formation, and the undertaking of tasks.
- Give quality to the monthly appointment on the **24th of the month**, the commemoration of Mary Help of Christians, through time for friendship and celebrations, catechesis, the recitation of the rosary, Holy Mass and/or Eucharistic Adoration, and the possibility to go to Confession.
- Make plans **annually** for two or three days of retreat to present ADMA and to live powerful moments of formation and the review of one's life. Participate in pilgrimages, in Marian Day, and in retreats and encounters together with the entire Association.
- Value, with common sense and prudence, the **area of social communication**, in particular, the world of the internet, so as to spread values and share experiences lived.

Let us entrust this journey to Mary

*Lord, You have left your Mother in our midst
so that She might accompany us,
care for us and protect us on our journey -
in our heart, in our faith.
Make us disciples like Her
and missionaries like Her.
May She teach us to go out into the streets -
to go "out of ourselves."
May She, with her gentleness and peace,
show us the way.
(Pope Francis)*