

Parent Help Is Essential!

Life Teen is a huge undertaking for our parish community and it will only be successful in its mission of leading teens closer to Christ if **everyone** steps forward to make it happen.

Listed below are areas where parents of teens can most appropriately serve in our Life Teen program. We ask that everyone identify the area where they feel most called to serve and return this form to Adam Nestor or the church office as soon as possible.

Meals:

- Serve on the meal planning committee in planning meals for each semester: meets occasionally (2 to 3 times) through the year. This involves planning menus, sending out SignUp Genius requests, and organizing the weekly meal serving volunteers.
- Prepare a whole meal or main course (*e.g.* pasta dish) for 50 to 60 teens
- Provide one prepared or store-bought meal item once a month
This is a very simple way to help. Meal plans are simple and menu items are easy to prepare. Often, the only things needed are items that you can pick up at the grocery store when you do your regular shopping and then send them with your teen when he or she comes to Life Teen that week. Meal items needed are specified in a weekly SignUp Genius that is emailed at the beginning of each week.
- Set up and serve the meals to the teens once every 4 to 6 weeks (if everyone helps with this, frequency will be even less). This is also a simple way to help. Set up and serving typically involves coming to church around 4:30 or 5 p.m. on a Sunday to set up things up so the teens can immediately eat dinner following Mass. Set up takes place during the Life Teen Mass. The meal is done by 6:30 p.m. and cleanup is fairly easy.

Environment: This entails setting up the Life Night environment that will reflect the theme for a given week. This is a lot of fun for those who have a creative touch. We pair up environment people to form teams and then schedule them every 4 to 6 weeks.

Sign me up!

I want to help support Life Teen at Holy Martyrs.

Name _____

Phone # _____

Email _____

Please drop this form off or mail to the Church Office
Holy Martyrs Church
3100 Old Weymouth Road
Medina, OH 44256