

2023 NCYC Schedule

Thursday, November 16			
8:00 AM	12:00 PM	Exhibitor Set Up	ICC—Halls CDE
8:00 AM	8:00 PM	Delegation Credential Pick-Up Open	ICC—Room 101-102
12:00 PM	6:30 PM	Convention Center Open to Participants	ICC—Doors at Georgia Street, Capitol Ave, Maryland St Motor Lobby
12:10 PM	12:45 PM	Daily Mass	St. John's Church
2:00 PM	6:00 PM	Interactive Exhibit Hall Open	ICC—Halls CDE
2:00 PM	6:00 PM	Chapel Open	ICC—Room 131
3:30 PM	4:30 PM	Daily Mass	St. John's Church
4:30 PM	5:00 PM	Eucharistic Procession	ICC—500 Ballroom to Maryland St to George St to ICC—Room 132
5:15 PM	6:15 PM	Daily Mass	St. John's Church
6:30 PM	10:30 PM	Stadium Open to Participants	LOS—All Gates
6:30 PM	8:00 PM	Gathering and Entertainment Featuring for King and Country	LOS
8:00 PM	10:00 PM	Opening Session	LOS
Friday, November 17			
7:30 AM	8:15 AM	<i>Daily Mass</i>	<i>St. John's Church</i>
7:30 AM	9:00 AM	Gathering and Entertainment	LOS
7:30 AM	11:00 AM	Stadium Open to Participants	LOS—All Gates
8:00 AM	8:00 PM	Registration Open	ICC—Room 101-102
9:00 AM	10:30 AM	Prayer and General Session	LOS
10:30 AM	6:30 PM	Convention Center Open to Participants	ICC—Doors at Georgia Street, Capitol Ave, Maryland Street Motor Lobby, West St
11:00 AM	5:30 PM	Interactive Exhibit Hall Open	ICC—Halls CDE
11:00 AM	5:30 PM	Chapel Open	ICC—Room 131
11:30 AM	12:45 PM	Breakout Sessions - Round 1	ICC—various
12:10 PM	1:00 PM	Daily Mass	St. John's Church
12:00 PM	5:00 PM	Reconciliation Available	ICC—Hall J
12:45 PM		Recitation of the Holy Rosary	ICC—Room 131
1:30 PM	2:45 PM	Breakout Sessions - Round 2	ICC—various
2:00 PM		Daily Mass	St. John's Church
3:00 PM		Divine Mercy Chaplet	ICC—Room 131
3:30 PM	4:45 PM	Breakout Sessions - Round 3	ICC—various
5:15 PM	6:00 PM	Daily Mass	St. John's Church
6:30 PM	10:30 PM	Stadium Doors Open	LOS—All Gates
6:30 PM	8:00 PM	Gathering and Entertainment	LOS
8:00 PM	10:00 PM	General Session with Eucharistic Adoration	LOS

Saturday, November 18			
7:30 AM	8:15 AM	Daily Mass	St. John's Church
7:30 AM	11:00 AM	Stadium Open to Participants	LOS—All Gates
7:30 AM	9:00 AM	Gathering and Entertainment	LOS
8:00 AM	3:00 PM	Registration Open	ICC—Room 101-102
9:00 AM	10:45 AM	Prayer and General Session	LOS
10:30 AM	6:30 PM	Convention Center Open to Participants	ICC—Doors at Georgia Street, Capitol Ave, Maryland Street Motor Lobby, West St
11:00 AM	5:30 PM	Interactive Exhibit Hall Open	ICC—Halls CDE
11:00 AM	5:30 PM	Chapel Open	ICC—Room 131
11:30 AM	12:45 PM	Breakout Sessions - Round 4	ICC—various
12:00 PM	5:00 PM	Reconciliation Available	ICC—Hall J
12:45 PM		Recitation of the Holy Rosary	ICC—Room 131
1:30 PM	2:45 PM	Breakout Sessions - Round 5	ICC—various
3:30 PM	4:45 PM	Breakout Sessions - Round 6	ICC—various
6:30 PM	10:30 PM	Stadium Open to Participants	LOS—All Gates
6:30 PM	8:00 PM	Gathering and Preparation for Liturgy	LOS
8:00 PM	10:00 PM	Closing Mass	LOS



2023 National Catholic Youth Conference Indiana Convention Center Use of Space

USE	ROOM
Breakout Sessions	Sagamore Ballroom, 500 Ballroom, Wabash Ballroom, Room 120-124, Room 140-142, Room 231-233
Breakout Sessions (Adult)	Room 208-209, Room 240-242
Chapel Adoration	Rooms 130-138
Entry Only with Credentials	Doors @ West and Maryland Streets
Entry without Credentials	Maryland Street & Capitol Avenue Doors
Interactive Exhibit Hall	Halls C, D, & E
Reconciliation	Hall J
Registration & Operations Central	Rooms 101-106

MEETING SPACE SPECIFICATIONS

Indiana Convention Center



MEETING SPACE SPECIFICATIONS

Indiana Convention Center



2023 NCYC Breakout Sessions

Round A		Friday, November 17	11:30 am – 12:45 pm
Room	Session Title	Session Description	Session Speaker
Sagamore	Christian Friendship	Many teens report that they do not have friends or that it is difficult to trust friends. Many teens report feeling lonely and misunderstood. How do we build true friendship without filters, masks, and fear? This workshop will help you to be a good friend and build strong friendships around you.	Katie Prejean McGrady PJ Anderson Noelle Garcia
500 Ballroom	Gift and Grit: How Heroic Virtue Can Change Your Life and Relationship	Have you ever felt like you were lost and aimless in life, experiencing a lack of meaning and purpose? So often in our attempts to find meaning in life, we look to things like pleasure, success, prestige, or relationships to be our ultimate source of fulfillment and happiness. True meaning, however, is received as a gift—a gift from the Lord who created us for a purpose. And authentic happiness is found only in making a gift of our lives in return. But to really live this out takes grit! In this talk, Dr. Andrew and Sarah Swafford will give practical insight on how to live with meaning, purpose, and grit which can transform everything about our lives	Andy & Sarah Swafford
Wabash	Whose call are you answering?	Your parents, your teachers, your coaches, your counselor, even yourself- everyone has an opinion on what you should do with your life. How do you hear God's call in all of those voices? How do you know when it is the Holy Spirit at work? Let's explore how Scripture, Tradition and your own story helps guide you to a good call- a vocation- in living your life.	Craig Gould Marie Miller Chika Anyanwu
Rm. 231-233	3 Ways to Grow Your Faith In Every Stage of Life	Change can be scary. Whether big or small, changes in life can often cause fear, anxiety, and self-doubt. Learn 3 key ways to stay close to Jesus no matter what life throws at you, and get practical steps for leading with faith in every stage of life. If you've ever struggled with trusting God, living your faith boldly, or understanding how to grow in holiness... then this talk is for YOU. Join us as we learn how to live life to the fullest and become who God made us to be!	Gian Gamboa
Rm. 237-239	God Calls Us to get Messy: The Challenges of Racism	Dealing with racism in today's world can be very messy, difficult and challenging. But in the mess, God calls us all to be more like Him. This workshop features a panel of young people taking you through a process to help break open the messiness of racism. The process will share how racism reveals itself in multiple ways, how different cultures may experience racism, and how to be anti-racist even in the most complicated of environments.	Rudy Dehaney
Rm. 120-124	How to be distracted during the Mass!	Do you ever get distracted during the Holy Sacrifice of the Mass? If so, attend this session to find out how to stay focus, grow in understanding the depths of the parts of the Mass, and be filled with knowledge of how to grow as a disciple of Jesus Christ in the highest form of prayer and encounter with the Lord. You will learn various forms of the liturgical theology of "why" we do things in our faith, but as well as, understand and obtain a deeper knowledge of how to be "distracted" in the right way during the Mass. This session will provide liturgical theology, spiritual exercises and fun activities, that you can relate to and live out on a day-to-day basis. Thus, come join Father Paul-Michael Piega, S.T.L., as you learn to discover how you can grow in a deeper relationship in prayer with Jesus Christ during the Mass and strive to become a holy disciple of our Lord.	Fr. Paul Michael Piega
Rm. 140-142	Dear God, my family is weird, please send help!	No family is perfect, but God is in control. This breakout session offers tips on how we can learn to communicate and share our faith with family members. While it might seem impossible to find common ground in the home, we will offer practical conversation starters and insights to help navigate through the difficult issues every family faces. While your parents might feel like it's the end of the world and that you are	Chris Padgett

2023 NCYC Breakout Sessions

		an alien life form, and you may feel like there's nothing you can say without it being misunderstood, we can find ways to love without judging and experience great hope in difficulties. The good news is that God is an expert in working with weird.	
Rm. 208-209 (Adult Session)	Creative Ministry Models to Accompany Young Hispanic Catholics in the U.S.	Have you ever heard or asked, "How can we better accompany and support young Hispanic-Latin@ Catholics"? Let's learn from those who are thriving and succeeding in their ministry with this important sector of the U.S. Catholic population. Brenda Noriega draws from her experience as a youth and young adult minister and more recently as a researcher working with Dr. Hoffsman Ospino from Boston College. She will share insights from the recent report Ministry with Young Hispanic Catholics: Towards a Recipe for Growth and Success (2023). Whether you are an experienced minister with Hispanic-Latin@ young people or this is a new reality in your community, this workshop is for you!	Brenda Noriega
Rm. 240-242 (Adult Session)	Protecting our Common Home	Excessive heat waves, wildfires, and other natural disasters are all exacerbated by the earth's rising temperatures. Climate change affects all of us. As we experience the consequences of climate change in the United States, we also see a pattern across the globe — vulnerable communities who have contributed the least to climate change, are the ones impacted the most. Our faith calls us to act! Pope Francis urges us to "raise our voices to halt this injustice towards the poor and towards our children, who will bear the worst effects of climate change." At Catholic Relief Services, our mission is to support vulnerable communities. By helping them adapt to the effects of a changing climate, we strengthen their resilience. Come meet some of your global neighbors through CRS and learn how you can mobilize your own community to address climate change, protect our planet, and contribute to a human family fully alive.	Desire Findlay Beth Knobbe

Round B Friday, November 17 1:30 – 2:45 pm

Room	Session Title	Session Description	Session Speaker
Sagamore	Miracles from Prayer	Does God still work miracles? How does He answer our prayers today? How should we pray? Join Bishop Joe Espalliat for this powerful talk and time of prayer... and miracles!	Bp. Joe Espalliat PJ Anderson Noelle Garcia
500 Ballroom	Navigating Stress, Social Media, and Fostering Long-Term Healthy Friendships	As we navigate the daily experience of desiring connection, encounter, and gratitude, we are often met with IMITATIONS of what is true, good, and beautiful and struggle to see the Authentic; the REAL vs Imitation. Social Media seeks to meet these desires but often falls short and leads to more confusion to what is real in navigating our emotions and friendships. The beauty of our Lord and the Church is that He already holds the answer to it all...come and see.	Kaitlin Byrne Sarah Kroger
Wabash	Higher, Further, Faster: Elevating Our Pro-life Activism	What would it look like if our society was truly pro-life from the moment of conception to natural death? How can each of us become advocates for those who are most vulnerable in society at every stage of life? Join us to dig into Scripture and the Catechism to understand the Church's teaching on a consistent life ethic and ways each of us can elevate our pro-life activism to more fully reflect the love of Jesus.	Marcia Lane-McGee Shannon Wimp Schmidt Gian Gamboa

2023 NCYC Breakout Sessions

Rm. 231-233	The Truth of Who I Am	We come to be the best version of ourselves when we exercise the virtue of humility. Many people view humility in a negative way. However, Jesus and the Saints have shown us that humility helps us to become our most free and authentic self. Attend this talk to discover a greater understanding of how to become who God meant you to be.	Sr. Judy Marie Blizzard
Rm. 237-239	Knowing Christ, Knowing Yourself	Each of us are created uniquely for love. How do we learn to live our path to holiness developing the virtues and encountering Christ along the way? Living a virtuous life transforms you to be the person you were uniquely created to be, allowing you to develop the habit of seeing and choosing God and reflecting His love and goodness to others. This is God's plan for you now, and He gives you all the tools and graces to participate, grow, and, ultimately, live your vocation.	Sr. Mercedes Torres
Rm. 120-124	Known	Have you ever been told that you need a prayer life but don't know where to start or what to do? In this session, you'll be given practical, hands on ways to start a daily, lived relationship with Jesus through prayer.	Ali Hoffman
Rm. 140-142	We are What we Receive	It's easy to simply go through the motions at Mass. We stand, we sit, we kneel and we walk up to Communion and return to our pews. It can be easy to forget what a gift we have in the Mass and in the opportunity to receive all of Jesus in the Eucharist. Is our "amen" true? Do we truly believe? Do we really become what we receive? Does it matter how we treat others? Join creative evangelizers, Doug and Dave, for a fun and faith-filled experience you will not forget. Together, we will explore the incredible mystery of the Body of Christ through catechetical and comedic characterizations, inspirational storytelling and faith-in-action music. As Saint Paul reminds us, "It's no longer I who live, but Christ who lives in me."	Doug & Dave Show
Rm. 208-209 (Adult Session)	Are you ready? How to Share Your Faith Story	WARNING: This workshop may provoke unexpected laughter, deep thoughts and prayerful music. The Doug and Dave experience may be filled with unpredicted twists and turns. Participants could come away shocked at how laughing and learning can go hand-in-hand. Scripture urges us to, "Always be ready to give an explanation to anyone who asks you for a reason for your hope..." (1 Peter 3:15). If your teens would dare to ask you, "why do you believe?" Would you know what to say? After this workshop, you'll walk away with a good sense why we should share our personal faith story and how to practically do so so you can be ready when someone asks you your reason for your hope.	Peter Burds
Rm. 240-242 (Adult Session)	Building Youth Ministry with a Discipleship Mindset	Every year 1 million young people are walking away from the Church. To change that trend we are going to have to start by changing our behaviors, attitudes, and approach towards ministry. Join Christopher Wesley in this workshop as we look at 7 discipleship approaches that will help your ministry efforts reach the next generation.	Chris Wesley

2023 NCYC Breakout Sessions

Round C			
Friday, November 17			
3:30 – 4:45 pm			
Room	Session Title	Session Description	
Sagamore	I Believe It, But I Don't Feel It	I want to feel God. I used to feel close to Him. I don't feel anything. How is God love if I don't feel loved by Him? If this describes your religious experience, you are not alone. Many saints struggled with this, too. We will share some practical advice for what to do when you don't feel anything in prayer, conferences, or even Mass.	Doug Tooke PJ Anderson Noelle Garcia
500 Ballroom	Made for This Moment: Embracing Mental Health & Faith-Based Solutions	In a world that constantly tests our mental and emotional resilience, it's crucial to Realize With Your Real Eyes that you were "Made for This Moment." This breakout session aims to blend faith and emotional intelligence, offering a fresh perspective on how to manage mental health while deepening your relationship with Christ. As teenagers navigating complex emotions and societal pressures, you can wield your faith as a tool for mental well-being. This session will offer concrete steps to integrate faith into your mental health routine, engage in open dialogues with peers to break down stigmas, and recognize signs of mental health issues in those around you. Come discover how to be your most authentic self, rooted in Christ, and empower others to do the same. Let's create a support system and community that celebrates both our shared faith and individual mental health journeys.	Rhyan Ramirez Josh Blakesley
Wabash	One Planet, One Family, Fully Alive	Climate change affects all of us. As we experience the consequences of climate change in the United States, we also see a pattern across the globe — vulnerable communities who have contributed the least to climate change, are the ones impacted the most. At Catholic Relief Services, our mission is to support those vulnerable communities. By helping them adapt to the effects of a changing climate, we strengthen their resilience. Our faith calls us to act! As Pope Francis urged young people at World Youth Day, "It is very good that you want to change the world! The Church and the world need you, the young, as much as the earth needs rain." Come meet some of your global neighbors through CRS and learn how you can address climate change, protect our planet, and contribute to a human family fully alive.	Desire Findlay Beth Knobbe Ivan Diaz
Rm. 231-233	Moving Away from a Throwaway Culture Towards a Culture of Encounter	During the session you'll have the opportunity to share and understand not only the joys, hopes, anxieties, and dreams — and the fundamental problems and issues (that keep people up at night) -- of your existence but that of others in the community that will form during this hour. We will create a symbolic soccer ball ("Pelota De Trapo") made of old, weathered, and unused pieces of textile fabrics to represent the shared humanity that binds everyone and everything together.	Maria Jose Mariano Manuel Deza Giustino
		In the end you will have experienced an encounter with others. And for our Holy Father, Pope Francis, this word is very important. Why? Because faith is an encounter with Jesus, and we must do what Jesus does: encounter others.....with our faith we must create a "culture of encounter."	
Rm. 237-239	Three Reasons Why Politics and Religion Should Mix	Many people believe the adage that religion and politics should always be separate. They mistakenly believe that a separation of church and state means that those who feel strongly about their faith and the impact that faith has on their lives should not enter into the realm of politics. This session provides information to debunk	Angela Espada Alexander Mingus

2023 NCYC Breakout Sessions

		those beliefs. The Church and its faithful have a right and an obligation to participate actively in local, state, and federal government. Faithful citizenship is needed to uplift and uphold the respect for human life, to embrace solidarity, and apply subsidiarity. It is also needed to promote the common good, advocate for dignified labor, and steward the created world. This session seeks to empower current and future voters to rely on their faith to inform their view of political matters.	
Rm. 120-124 (Adult Session)	Ministry at the Intersection of Faith, Sexuality and Gender	Increasingly, youth ministers and parents are being invited into the lives of young people navigating sexual orientation and gender identity questions. Too often, many adults feel ill-equipped to engage with young people in the changing landscape around sexuality and gender. Informed by Dr. Sadusky's extensive work with LGBT-identified Catholics, this session will offer foundational information for ministers and adults around language and cultural shifts in recent years. It will also provide practical guidance to help you more effectively accompany youth who are exploring sexuality, gender and the intersection of these aspects of experience with their Catholic faith.	Dr. Julia Sadusky
Rm. 140-142	Young, Bold, and Equipped: Paving the Path Forward as Fully Alive Young Leaders	Pope Francis says that young people are the NOW OF GOD, and I agree! Do you? Whether you are an experienced young leader or are still considering ways to be an active disciple in your community, this workshop is for you! Join us in dialogue and witness about the different ways young people like you are transforming our communities across the country and how they have been able to put their gifts and talents to the service of others, transforming their communities as young leaders today and paving the way forward.	Brenda Noriega & YA Panel
Rm. 208-209 (Adult Session)	Equipping Ministry Leaders to Welcome ALL: One Lord, One Faith, One Community	We ALL belong to the Body of Christ, including our youth with disabilities, who need to be visible, present, and growing in faith in the life of the Church. Youth with disabilities are in extreme isolation; ministry leaders, we can make a difference by building a community that recognizes the dignity of each person and embraces one another as people of God.	Esther Garcia
Rm. 240-242	Civil Dialogue: Crafting Healthy Conversations about Faith and the World	In this session, we will provide tools to support youth ministry leaders to feel equipped to include youth with disabilities in activities and events, welcoming ALL in the church. Why is it so difficult to talk about faith, politics, and morality? Join us for a structured civil dialogue on some of the most challenging topics in the Catholic Church today. You will have the opportunity to discuss your own experiences, values, and faith in a safe and supportive environment. All are welcome to participate – we only ask that you bring an open mind and heart and are prepared to listen respectfully to others!	Christina Leblang Kathryn Yanik

2023 NCYC Breakout Sessions

Round D		Saturday, November 18	11:30 am – 12:45 pm
Room	Session Title	Session Description	Session Speaker
Sagamore	Christian Friendship	Many teens report that they do not have friends or that it is difficult to trust friends. Many teens report feeling lonely and misunderstood. How do we build true friendship without filters, masks, and fear? This workshop will help you to be a good friend and build strong friendships around you.	Katie Prejean McGrady PJ Anderson Noelle Garcia
500 Ballroom	Gift and Grit: How Heroic Virtue Can Change Your Life and Relationship	Have you ever felt like you were lost and aimless in life, experiencing a lack of meaning and purpose? So often in our attempts to find meaning in life, we look to things like pleasure, success, prestige, or relationships to be our ultimate source of fulfillment and happiness. True meaning, however, is received as a gift—a gift from the Lord who created us for a purpose. And authentic happiness is found only in making a gift of our lives in return. But to really live this out takes grit! In this talk, Dr. Andrew and Sarah Swafford will give practical insight on how to live with meaning, purpose, and grit which can transform everything about our lives	DR. Andrew Swafford
Wabash	Whose call are you answering?	Your parents, your teachers, your coaches, your counselor, even yourself- everyone has an opinion on what you should do with your life. How do you hear God's call in all of those voices? How do you know when it is the Holy Spirit at work? Let's explore how Scripture, Tradition and your own story helps guide you to a good call- a vocation- in living your life.	Craig Gould Marie Miller Chika Anyanwu
Rm. 231-233	3 Ways to Grow Your Faith In Every Stage of Life	Change can be scary. Whether big or small, changes in life can often cause fear, anxiety, and self-doubt. Learn 3 key ways to stay close to Jesus no matter what life throws at you, and get practical steps for leading with faith in every stage of life. If you've ever struggled with trusting God, living your faith boldly, or understanding how to grow in holiness... then this talk is for YOU. Join us as we learn how to live life to the fullest and become who God made us to be!	Gian Gamboa
Rm. 237-239	God Calls Us to get Messy: The Challenges of Racism	Dealing with racism in today's world can be very messy, difficult and challenging. But in the mess, God calls us all to be more like Him. This workshop features a panel of young people taking you through a process to help break open the messiness of racism. The process will share how racism reveals itself in multiple ways, how different cultures may experience racism, and how to be anti-racist even in the most complicated of environments.	Rudy Dehaney
Rm. 120-124	How to be distracted during the Mass!	Do you ever get distracted during the Holy Sacrifice of the Mass? If so, attend this session to find out how to stay focus, grow in understanding the depths of the parts of the Mass, and be filled with knowledge of how to grow as a disciple of Jesus Christ in the highest form of prayer and encounter with the Lord. You will learn various forms of the liturgical theology of "why" we do things in our faith, but as well as, understand and obtain a deeper knowledge of how to be "distracted" in the right way during the Mass. This session will provide liturgical theology, spiritual exercises and fun activities, that you can relate to and live out on a day-to-day basis. Thus, come join Father Paul-Michael Piega, S.T.L., as you learn to discover how you can grow in a deeper relationship in prayer with Jesus Christ during the Mass and strive to become a holy disciple of our Lord.	Fr. Paul Michael Piega
Rm. 140-142	Dear God, my family is weird, please send help!	No family is perfect, but God is in control. This breakout session offers tips on how we can learn to communicate and share our faith with family members. While it might seem impossible to find common ground in the home, we will offer practical conversation starters and insights to help navigate through the difficult issues every family faces. While your parents might feel like it's the end of the world and that you are	Chris Padgett

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		an alien life form, and you may feel like there's nothing you can say without it being misunderstood, we can find ways to love without judging and experience great hope in difficulties. The good news is that God is an expert in working with weird.	
Rm. 208-209 (Adult Session)	Creative Ministry Models to Accompany Young Hispanic Catholics in the U.S.	Have you ever heard or asked, "How can we better accompany and support young Hispanic-Latin@ Catholics"? Let's learn from those who are thriving and succeeding in their ministry with this important sector of the U.S. Catholic population. Brenda Noriega draws from her experience as a youth and young adult minister and more recently as a researcher working with Dr. Hoffsman Ospino from Boston College. She will share insights from the recent report Ministry with Young Hispanic Catholics: Towards a Recipe for Growth and Success (2023). Whether you are an experienced minister with Hispanic-Latin@ young people or this is a new reality in your community, this workshop is for you!	Brenda Noriega
Rm. 240-242 (Adult Session)	Protecting our Common Home	Excessive heat waves, wildfires, and other natural disasters are all exacerbated by the earth's rising temperatures. Climate change affects all of us. As we experience the consequences of climate change in the United States, we also see a pattern across the globe — vulnerable communities who have contributed the least to climate change, are the ones impacted the most. Our faith calls us to act! Pope Francis urges us to "raise our voices to halt this injustice towards the poor and towards our children, who will bear the worst effects of climate change." At Catholic Relief Services, our mission is to support vulnerable communities. By helping them adapt to the effects of a changing climate, we strengthen their resilience. Come meet some of your global neighbors through CRS and learn how you can mobilize your own community to address climate change, protect our planet, and contribute to a human family fully alive.	Desire Findlay Beth Knobbe

Round E Saturday, November 18 1:30 – 2:45 pm

Room	Session Title	Session Description	Session Speaker
Sagamore	Miracles from Prayer	Does God still work miracles? How does He answer our prayers today? How should we pray? Join Bishop Joe Espalliat for this powerful talk and time of prayer... and miracles!	Bp. Joe Espalliat PJ Anderson Noelle Garcia
500 Ballroom	Navigating Stress, Social Media, and Fostering Long-Term Healthy Friendships	As we navigate the daily experience of desiring connection, encounter, and gratitude, we are often met with IMITATIONS of what is true, good, and beautiful and struggle to see the Authentic; the REAL vs Imitation. Social Media seeks to meet these desires but often falls short and leads to more confusion to what is real in navigating our emotions and friendships. The beauty of our Lord and the Church is that He already holds the answer to it all...come and see.	Kaitlin Byrne Sarah Kroger
Wabash	Higher, Further, Faster: Elevating Our Pro-life Activism	What would it look like if our society was truly pro-life from the moment of conception to natural death? How can each of us become advocates for those who are most vulnerable in society at every stage of life? Join us to dig into Scripture and the Catechism to understand the Church's teaching on a consistent life ethic and ways each of us can elevate our pro-life activism to more fully reflect the love of Jesus.	Marcia Lane-McGee Shannon Wimp Schmidt Gian Gamboa

2023 NCYC Breakout Sessions

Rm. 231-233	The Truth of Who I Am	We come to be the best version of ourselves when we exercise the virtue of humility. Many people view humility in a negative way. However, Jesus and the Saints have shown us that humility helps us to become our most free and authentic self. Attend this talk to discover a greater understanding of how to become who God meant you to be.	Sr. Judy Marie Blizzard
Rm. 237-239	Knowing Christ, Knowing Yourself	Each of us are created uniquely for love. How do we learn to live our path to holiness developing the virtues and encountering Christ along the way? Living a virtuous life transforms you to be the person you were uniquely created to be, allowing you to develop the habit of seeing and choosing God and reflecting His love and goodness to others. This is God's plan for you now, and He gives you all the tools and graces to participate, grow, and, ultimately, live your vocation.	Sr. Mercedes Torres
Rm. 120-124	Known	Have you ever been told that you need a prayer life but don't know where to start or what to do? In this session, you'll be given practical, hands on ways to start a daily, lived relationship with Jesus through prayer.	Ali Hoffman
Rm. 140-142	We are What we Receive	It's easy to simply go through the motions at Mass. We stand, we sit, we kneel and we walk up to Communion and return to our pews. It can be easy to forget what a gift we have in the Mass and in the opportunity to receive all of Jesus in the Eucharist.	Doug & Dave Show
		Is our "amen" true? Do we truly believe? Do we really become what we receive? Does it matter how we treat others? Join creative evangelizers, Doug and Dave, for a fun and faith-filled experience you will not forget. Together, we will explore the incredible mystery of the Body of Christ through catechetical and comedic characterizations, inspirational storytelling and faith-in-action music. As Saint Paul reminds us, "It's no longer I who live, but Christ who lives in me."	
		WARNING: This workshop may provoke unexpected laughter, deep thoughts and prayerful music. The Doug and Dave experience may be filled with unpredicted twists and turns. Participants could come away shocked at how laughing and learning can go hand-in-hand.	
Rm. 208-209 (Adult Session)	Are you ready? How to Share Your Faith Story	Scripture urges us to, "Always be ready to give an explanation to anyone who asks you for a reason for your hope..." (1 Peter 3:15). If your teens would dare to ask you, "why do you believe?" Would you know what to say? After this workshop, you'll walk away with a good sense why we should share our personal faith story and how to practically do so so you can be ready when someone asks you your reason for your hope.	Peter Burds
Rm. 240-242 (Adult Session)	Building Youth Ministry with a Discipleship Mindset	Every year 1 million young people are walking away from the Church. To change that trend we are going to have to start by changing our behaviors, attitudes, and approach towards ministry. Join Christopher Wesley in this workshop as we look at 7 discipleship approaches that will help your ministry efforts reach the next generation.	Chris Wesley

2023 NCYC Breakout Sessions

Round F		Saturday, November 18	3:30 – 4:45 pm
Room	Session Title	Session Description	Session Speaker
Sagamore	Decompress	NCYC is almost over. Time to dance, time to pray, time to rejoice, time to process, and time to rest. Come join us for this final workshop to soak in all the goodness of NCYC and get ready to take it home!	Doug Tookie PJ Anderson Noelle Garcia
500 Ballroom	Made for This Moment: Embracing Mental Health & Faith-Based Solutions	In a world that constantly tests our mental and emotional resilience, it's crucial to Realize With Your Real Eyes that you were "Made for This Moment." This breakout session aims to blend faith and emotional intelligence, offering a fresh perspective on how to manage mental health while deepening your relationship with Christ. As teenagers navigating complex emotions and societal pressures, you can wield your faith as a tool for mental well-being. This session will offer concrete steps to integrate faith into your mental health routine, engage in open dialogues with peers to break down stigmas, and recognize signs of mental health issues in those around you. Come discover how to be your most authentic self, rooted in Christ, and empower others to do the same. Let's create a support system and community that celebrates both our shared faith and individual mental health journeys.	Rhyan Ramirez Josh Blakesley
Wabash	One Planet, One Family, Fully Alive	Climate change affects all of us. As we experience the consequences of climate change in the United States, we also see a pattern across the globe — vulnerable communities who have contributed the least to climate change, are the ones impacted the most. At Catholic Relief Services, our mission is to support those vulnerable communities. By helping them adapt to the effects of a changing climate, we strengthen their resilience. Our faith calls us to act! As Pope Francis urged young people at World Youth Day, "It is very good that you want to change the world! The Church and the world need you, the young, as much as the earth needs rain." Come meet some of your global neighbors through CRS and learn how you can address climate change, protect our planet, and contribute to a human family fully alive.	Desire Findlay Beth Knobbe Ivan Diaz
Rm. 231-233	Moving Away from a Throwaway Culture Towards a Culture of Encounter	During the session you'll have the opportunity to share and understand not only the joys, hopes, anxieties, and dreams – and the fundamental problems and issues (that keep people up at night) -- of your existence but that of others in the community that will form during this hour. We will create a symbolic soccer ball ("Pelota De Trapo") made of old, weathered, and unused pieces of textile fabrics to represent the shared humanity that binds everyone and everything together.	Maria Jose Mariano Manuel Deza Giustino
Rm. 237-239	Three Reasons Why Politics and Religion Should Mix	In the end you will have experienced an encounter with others. And for our Holy Father, Pope Francis, this word is very important. Why? Because faith is an encounter with Jesus, and we must do what Jesus does: encounter others.....with our faith we must create a "culture of encounter." Many people believe the adage that religion and politics should always be separate. They mistakenly believe that a separation of church and state means that those who feel strongly about their faith and the impact that faith has on their lives should not enter into the realm of politics. This session provides information to debunk those beliefs. The Church and its faithful have a right and an obligation to participate actively in local, state, and	Angela Espada Alexander Mingus

2023 NCYC Breakout Sessions

		<p>federal government. Faithful citizenship is needed to uplift and uphold the respect for human life, to embrace solidarity, and apply subsidiarity. It is also needed to promote the common good, advocate for dignified labor, and steward the created world. This session seeks to empower current and future voters to rely on their faith to inform their view of political matters.</p>	
Rm. 120-124 (Adult Session)	<p>Ministry at the Intersection of Faith, Sexuality and Gender</p>	<p>Increasingly, youth ministers and parents are being invited into the lives of young people navigating sexual orientation and gender identity questions. Too often, many adults feel ill-equipped to engage with young people in the changing landscape around sexuality and gender. Informed by Dr. Sadusky's extensive work with LGBT-identified Catholics, this session will offer foundational information for ministers and adults around language and cultural shifts in recent years. It will also provide practical guidance to help you more effectively accompany youth who are exploring sexuality, gender and the intersection of these aspects of experience with their Catholic faith.</p>	<p>Dr. Julia Sadusky</p>
Rm. 140-142	<p>Young, Bold, and Equipped: Paving the Path Forward as Fully Alive Young Leaders</p>	<p>Pope Francis says that young people are the NOW OF GOD, and I agree! Do you? Whether you are an experienced young leader or are still considering ways to be an active disciple in your community, this workshop is for you! Join us in dialogue and witness about the different ways young people like you are transforming our communities across the country and how they have been able to put their gifts and talents to the service of others, transforming their communities as young leaders today and paving the way forward.</p>	<p>Brenda Noriega & YA Panel</p>
Rm. 208-209 (Adult Session)	<p>Equipping Ministry Leaders to Welcome ALL: One Lord, One Faith, One Community</p>	<p>We ALL belong to the Body of Christ, including our youth with disabilities, who need to be visible, present, and growing in faith in the life of the Church. Youth with disabilities are in extreme isolation; ministry leaders, we can make a difference by building a community that recognizes the dignity of each person and embraces one another as people of God.</p>	<p>Esther Garcia</p>
Rm. 240-242	<p>Civil Dialogue: Crafting Healthy Conversations about Faith and the World</p>	<p>In this session, we will provide tools to support youth ministry leaders to feel equipped to include youth with disabilities in activities and events, welcoming ALL in the church.</p> <p>Why is it so difficult to talk about faith, politics, and morality? Join us for a structured civil dialogue on some of the most challenging topics in the Catholic Church today. You will have the opportunity to discuss your own experiences, values, and faith in a safe and supportive environment. All are welcome to participate – we only ask that you bring an open mind and heart and are prepared to listen respectfully to others!</p>	<p>Christina Leblang Kathryn Yanik</p>