

# **SESSIONS FOR BUILDING THE BODY OF CHRIST**

**Sessions for Building the Body of Christ teach teens practical, concrete, and powerful skills for living Catholic morality in the Land of Other People.**

## **SESSION # 7 Getting Back to the Garden Together**

Participants will:

- Recognize the potential graces present in the Mystical Body of Christ.
- Explain the three responsibilities each member has in the Land of Other People (Get In Shape, Do Your Part, and Help Others Succeed).
- Identify the three guiding principles within the Land of Other People.

## **SESSION #8 Building Trust Funds**

Participants will:

- Recognize the PATH is safer and most achievable when traveled with like-minded co-travelers.
- Develop strategies for building successful parent/child relationships and healthy friendships.
- Identify potential mentors for their journey on the PATH.

## **SESSION #9 Stormy Weather**

Participants will:

- Identify favorable conditions for the spawning of destructive social tornadoes.
- Recognize, avoid, and dismantle social tornadoes of negativity and destruction.
- Acquire concrete tools for building and maintaining calm and respectful environments.

## **SESSION #10 Hits and Road Rage**

Participant will:

- Develop a healthy respect for the teaching power of obstacles and difficulties experienced while on the PATH.
- Learn skills for managing life's curve balls with self-confidence and resilience.
- Learn effective methods for resolving conflicts while in the Yoke and on the PATH.

## **Bring an On the PATH Workshop to Your Teens**

**Custom-designed a workshop to meet your  
school or organization's needs.**

Sessions run 75-90 minutes each.

Choose one, or stack several for a half or full day event.  
Basic PATH cornerstones are woven into every session.

For more information, see [General Session Information](#).

For pricing and to reserve your date, [Contact Peg](#).