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The White Book

**Policies
Standards
Training**

For CATHOLIC YOUTH SPONSORS

**Youth Committee
NATIONAL COUNCIL OF CATHOLIC WOMEN
1312 MASSACHUSETTS AVENUE, N.W. WASHINGTON, D.C.**

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POLICIES

STANDARDS

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Youth Committee
National Council of Catholic Women
1312 Massachusetts Avenue, N. W.
Washington, D. C.

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FOREWORD

The National Youth Committee of the National Council of Catholic Women has gathered in the White Book an expression of this organization's experience during many years' work with Catholic girl youth. Possibly no one group may wish to use the entire program, or in the exact form outlined because of the varied conditions which each must meet. It is intended wholly as a service, a plan of suggestions from which one or more may be selected according to the wishes and plan of the Ordinary. For that reason it is extremely elastic in form, and can be adjusted to the small rural parish as well as elaborated for the metropolitan areas.

The present publication was sent out in manuscript form to a number of leaders in Catholic youth work who returned not only an enthusiastic approval of fundamentals, but helpful suggestions for the final revision. The Committee is deeply indebted to the many Bishops who so generously gave time to reading and encouraging the publication of this book. As it now appears the White Book is not the work of a national organization, but the cooperative thinking of many who are carrying on practical programs with youth under varied conditions.

It is based on the assumption that where girls come together in numbers, there should be adult women of the highest type to foster the ideals which the Church holds out for them. Because these ideals are not built through one meeting nor one talk, but through a multitude of reactions, sponsorship must have a plan and a preparation. If a Catholic Youth Program is to justify its name as well as the expenditure of finance and personnel for leadership, it must do more than fill in leisure time. It must help youth to discharge with intelligence, courage and deep spirituality the great mission of the day—For God and Country.

ANNE SARACHON HOOLEY,
National Chairman
Youth Committee, N. C. C. W.

PREFACE

Every bishop's mailbox yields up a regular quota of suggestions; appeals for new religious activities from the establishing of special orders and congregations to the adoption of novenas and devotions. I have before me at this moment the offer of a man to build a church where there is no congregation, a suggestion about securing a ranch for boys, which could not be supported, an urgent appeal to copy for rural places a prayer plan that could be a success only in large cities, and the organization of a community center which would surely involve the Diocese in hopeless debt with no possibility ahead of paying even the interest on it. A bishop needs not only the faith that moves mountains but much patience before the threat that the mountains are going to move unto him. Zeal sees many needs but zeal does not always know conditions. Alas! a bishop does. He breaks his heart, not because he cannot do big things but because he cannot do even the small things that he knows to be vital and necessary.

The youth problem has become acute in this generation and about its importance the bishop has no doubt. He is always seeking and praying for help to solve it. The schools under his care, maintained at great sacrifice, do not even half help, for not even half the children are in their class-rooms or ever can be put there without a miracle. Even if all Catholic children were in Catholic schools there would still remain the after-problem of college, leisure time, bad reading, dangerous recreations, and the multitude of temptations scattered over city and country, with open doors pouring out invitations to attract the thoughtless. It is no easy job that our so-called civilization has passed over to religion with little hope that it can be worked out successfully. Every other force on earth seems to be engaged in making the job more and more difficult as the years pass.

Here is a book which the good sense and well-regulated zeal of Catholic women has prepared and presented. It really does offer help, not by insisting that "something must be done" and letting it go at that, but by practical plans of action already—thank God—in act. As a bishop I welcome it; as a bishop I commend it; as a bishop I am glad to praise it; while as the Bishop Chairman of Lay Activities in the National Catholic Welfare Conference I am proud of it. What more can I say as a preface to the study of it except to express the hope that the devoted workers who made it and use it may multiply in numbers and devotion.

✠ FRANCIS C. KELLEY
Bishop of Oklahoma City and Tulsa,
Episcopal Chairman of the
Department of Lay Organizations,
National Catholic Welfare Conference

HOLY FATHER COMMENDS YOUTH SPONSORSHIP

To the Congress International Union Catholic Women's Leagues in address "A Message to the Catholic Women of the World," April, 1939

Need we add that in order to have order and peace prevail about them, your leagues must first safeguard them within themselves? In this respect, it is particularly pleasing to Us to see, in your International Union, the Youth Section juxtaposed in harmony with the Adult Section. They are like blossoms and fruits which sometimes together adorn certain privileged trees. At the side of workers already laden with merit and rich with experience, are happily ranged the apprentices who aspire to devote themselves to this work and "preparation and training" for it, receiving the counsels of those who have gone before, not as lessons imposed, but rather as treasures proffered to them. Each of the two sections has its own methods and projects; for here again the adaptation of each to its own environment is essential. But, underneath these external differences, there burns in souls—for which there is no age—the same interior flame of pure supernatural zeal.

To His Excellency, the Most Reverend Joseph F. Rummel,
D. D., Episcopal Chairman of the NCCW on Receipt of the
1939 Convention Proceedings.

The Common Father, knowing well the real efficacy of a truly united Catholic Action, was particularly impressed by the report of the increased efforts that are being made to unify and coordinate the endeavors of all the Catholic women of America. And His paternal heart was deeply touched at learning of the numerous fields of Catholic Action in which the members of the N.C.C.W. are now making felt their powerful influence for good. He was especially impressed by the program that is being carried out amongst the youth of America—the marvelous efforts at organization of parish units into a nationwide body, the "Call to Youth" radio programs, the Social Service School, to mention but a few of the more outstanding points in the program. His Holiness has a very paternal and abiding interest in Catholic Youth and looks upon this devoted work of the Catholic Women of America as a guaranty of the continued progress of Christ's Kingdom in the United States. It is indeed, a concrete example of Catholic Action in a field where, due to the insistent and at times diabolical efforts of the enemies of God and of the Church, the salutary and wholesome influence of Catholic Action is most necessary.

✠ HIS EMINENCE, LUIGI CARDINAL MAGLIONI,
Papal Secretary of State.

A MESSAGE FROM THE APOSTOLIC DELEGATE

“Organize Youth ever more widely on that foundation of that piety and wisdom which is proper to you, and above all in exemplifying and applying the truths of the Gospel to the social life of the day. The security of our Catholic Youth in their Christian life is a thorough knowledge of the teaching of our Holy Church, the guardian and expositor of the revealed truth of God. To give to our youth, particularly to the girls and young women of our day, a knowledge, a love, of Catholic truth and a determination to carry it out both in personal life and as members of Catholic organizations, is really a great crusade to which you may lend all the resources at your command.”

✠ HIS EXCELLENCY, THE MOST REV.
AMLETO GIOVANNI CICOGNANI, D. D.,
Archbishop of Laodicea
Apostolic Delegate to the United States.

THE VALUE OF SPONSORSHIP

It is my opinion, arrived at after considering the matter well, that youth groups should be sponsored by adults, groups of boys by men and groups of girls by women. The groups of school age need sponsors to plan and direct their programs and to train them in the purposes and method of Catholic Action if there are to be any definite results obtained. It is true that out-of-school groups sometimes have capable leadership within their membership, but it is more often true that this leadership is only discovered and developed under the direction of capable sponsors. Furthermore it is always desirable to have a tie-up between the Youth Council and the Council of Catholic Women and the Council of Catholic Men, so that there will be a unified program and so that the youth will grow into organized adult Catholic Action. Well-chosen sponsors, well-trained and genuinely interested in young people, can accomplish these desired ends.

✠ HIS EXCELLENCY, MOST REV.

EMMET M. WALSH, D. D.

Bishop of Charleston.

Assistant Episcopal Chairman of the
Department of Lay Organizations,
National Catholic Welfare Conference.

DEFINITION OF TERMS

The Parish Spiritual Director is the pastor of the parish or an assistant appointed by him. He is the final authority for the parish youth program and gives it inspiration.

A Sponsor is a person of mature judgment nominated by the Parish Council of Women and approved by the pastor, to assist in planning and effecting a youth program, in working with and guiding the young people, in selecting special activities leaders, and in promoting the proper standards and policies.

A Sponsoring Committee of five women and five men is recommended for the average parish, but the number may vary according to the number of young people in the parish.

The Chairman of the Sponsoring Committee will serve as the Parish Youth Chairman of the Parish Council of Women. On her rests the responsibility of interpreting to the Senior Council of Women the program of the C.Y.C. Where N.C.C.W. does not exist, a sponsoring committee of another agency is chosen from each parish.

A Leader is a person selected by the Sponsoring Committee to develop a specific activity. A leader has definite training and experience along a particular line such as dramatics, music, sports, etc. The leader, because of his or her close contact with the young people, should have a broad conception of the whole program, and a definite knowledge and understanding of the standards and policies of the Catholic Youth Council. For this reason a leader should attend sponsors' training institutes. A special activity leader may be chosen from the youth group itself for a special piece of work.

Youth Officers are the young people elected by their respective clubs to fulfill their respective duties promoting the youth program.

The Parish Youth Board is composed of the three necessary divisions,—the Spiritual Director, the Sponsors, and the Youth Officers.

The C.Y.C.—A Parish Youth Council is a federation of the approved Catholic youth groups within a parish.

THE PARISH YOUTH BOARD

The Parish Youth Board should meet at least twice a year, but may meet more often if desired, especially while the program is new.

The responsibilities of the Parish Youth Board are:

1. To effect an harmonious program for the youth as a whole with each factor—spiritual director, sponsors, and youth—contributing.
2. To guide policies and standards to a high ideal.
3. To interpret the C. Y. C. to the parish and the community.
4. To aid in tapping community resources.
5. To secure facilities for the carrying out of the program.

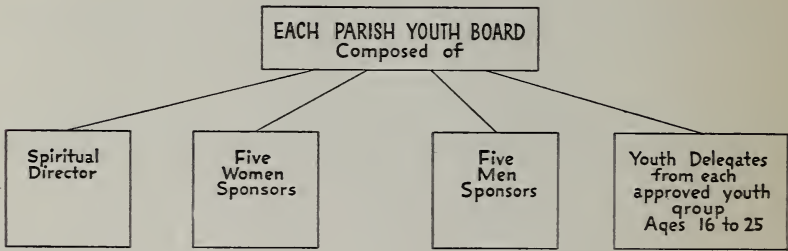
Further Explanation of Above

1. The combined thought of the three elements of the Parish Youth Board, spiritual director, sponsors, and chosen representatives of the young people themselves, cannot but be effective in securing a plan for a well-rounded program, which will give the young people the activities they desire and need, with the inspiration and approval of the spiritual director and the experienced, mature judgment and cooperation of the adult sponsors. The youth officers and delegates can carry back and present to their organizations the fruit of the discussions more effectively than can the adults.
2. Youth needs guidance and assistance in forming and interpreting policies and standards. Without this guidance part of the strength of a youth organization would be lost.
3. The members of the Parish Youth Board serve as liaison officers in informing and explaining the plans and decision of the Board to superior authorities—the spiritual director to the Diocesan Spiritual Director and the Bishop; the chairman of the women sponsors to the Parish Council of Women and to the D.C.C.W. Youth Chairman; the chairman of the men sponsors to the Parish Council of Men and the D.C.C.M. Youth Chairman; the youth officers and delegates to the young people themselves; and all to the community at large.

This affords an opportunity for parents to keep in touch with the leisure-time activities of their children, because the sponsors, who, like the parents are members of the senior parish organizations, can there come in contact with the parents and interpret to them the plans and policies of the youth organizations. For example, through participation in the Senior Parish Council, spon-

sors can make known to parents the policies and standards with regard to the hour of closing of youth activities, in order that parents may realize that the young people after that hour are their responsibility.

4. The combined thought of the three factors will discover the availability of many community resources and serve as avenues for taking advantage of them for the benefit of the youth organizations.
5. The interest and contacts of the spiritual director, the experience of the sponsors, and the imagination and enthusiasm of the youth will together assure worthwhile suggestions and ideas for facilitating the working out of the program—places, financing, etc. All are in a position to know the special needs or the equipment available in that particular parish or community.



THE N. C. C. W.'s YOUTH POLICIES

In 1935, upon the advice of their spiritual directors, the National Council of Catholic Women began to intensify its work among youth by appointing a national chairman and a field secretary who would aid in organizing youth programs wherever the Bishop of a diocese requested their services. During this time, work has been done in sixty-three dioceses, and the policy of the Council has been accumulated from such experiences. With the renewed interest everywhere in the formation of Catholic Youth organizations, these tenets of our policy are set down and fitted into a Diocesan Catholic Youth Council which can be adjusted to the wishes of any diocese or any national grouping.

1. The basis of Catholic youth organizations is that they be parochial in function, diocesan in authority, and national in scope.
2. Where Catholic youth come together under the name of "Catholic Youth", adult sponsorship is necessary and desired. This is both a security and a stimulation. Older organizations have recognized this premise in the slogan "Carry your community with you", and many of them, such as the Boy Scouts and Girl Scouts, have demonstrated its value through the years.
3. Wherever girls constitute the whole or part of this group, the sponsorship of women is essential. Only women can bring that sympathetic understanding of the physiological and psychological influences which govern the reactions of young girls. Equally, where there are groups of boys, men sponsors are necessary, and for the joint membership, the joint sponsorship should be present.
4. The purposes of this adult sponsorship are:
 1. To find and develop leadership among youth itself.
 2. To lead youth by tactful, unobtrusive, intelligent guidance, to a genuinely Catholic standard of leisure-time activities.
 3. To secure a well-balanced program for the whole youth and for every youth.
 4. To furnish stability, regardless of changing membership or changing spiritual directors.
5. These adult sponsors should possess the following qualities:
 1. Interest in and understanding of youth.
 2. Courage to demand Catholic standards.
 3. Ability to guide, not dictate.

4. Ability to maintain a harmonious relationship between the spiritual director, the sponsors, and the youth themselves.
5. Willingness to prepare for this responsibility through Institutes and all means available.
6. This sponsorship is stronger and better equipped when it is a part of a national organization. From the parent organization it should derive training, activity service, and general inspiration.
7. Since Catholic Youth Councils are a federation of various youth groups in a parish, there is need of a federation from which the sponsors may derive assistance and service. The National Council of Catholic Women, which is an integral part of the N.C.W.C. and prepared to serve, is a natural federation to undertake sponsorship of girls and young women. Where there is no National Council of Catholic Men, any selected group of sponsoring men may cooperate for the boys and young men.

CLASSIFICATION OF ACTIVITIES

Religious

Confraternity Discussion Clubs

Group Prayers

Assisting at Church
(Altar Service)

Missions

Retreats

Corporate Communion

Communion Breakfasts

Days of Recollection

"Our Lady" days

Field Mass

Missa Recitata

Cultural

Panel Clubs

Book Groups

Music

Dramatics

Parliamentary Procedure

Debates—Youth forums

Art

Museums—Collections

Trips—Tours

Radio Programming

Craftshop

Hobbies

Vocational

Vocational Conferences

Career Clubs

Marriage Conferences

Placement Studies

Home Management Clubs

Home Arts

Recreation

Sports

Games

Hiking—Camping

Swimming

Play Days

Social

Parties

Fun Nights

Dancing

Picnics

Community Service

Crusades

Red Cross

Citizenship Forums

Volunteer Social Service

National Defense Aides

RELIGIOUS ACTIVITIES

Religious activities in the parish and in the diocese must be an integral part of every youth program. In planning the program for the year, provision should be made for one retreat or day of recollection for periodic corporate communions, and for the special celebration of certain feast days. For religious instruction of public school and out-of-school youth, the Confraternity of Christian Doctrine provides a program and direction.

Communion Breakfasts follow corporate communions, with a spiritual program as a feature.

"Our Lady" Days are days set aside for public devotion to our Blessed Mother, such as crowning, processions, et cetera. Feasts of the Blessed Mother, and the months of May and October are especially appropriate.

Days of Recollection are one-day retreats. A group of youth may gather in the parish church for Mass and Communion, have breakfast together at a scheduled place, hear one or two spiritual conferences by the retreat master or pastor, and close with a Pledge of Dedication and Benediction of the Blessed Sacrament.

Field Mass is the out-door celebration of the Holy Sacrifice. This celebration should be planned only rarely, such as at the Diocesan Youth Council Conventions.

"Missa Recitata" is the group participation in the Holy Sacrifice of the Mass by reciting the responses and principal parts in unison.

CULTURAL ACTIVITIES

Panel Clubs are groups of people coming together for the purpose of discussing one or more specific subjects, three or four members having prepared in advance to discuss certain phases of the question before the whole groups, which later join in the discussion.

Book groups are clubs formed for the reading and discussion of Catholic or approved books, through book reviews, et cetera.

Music includes such group activities as glee clubs, choral groups, orchestras, group singing, music appreciation clubs which can use borrowed or rented phonograph records, and books on music, the great operas, etc. Liturgical music and training in plain chant are an important activity under this section.

Dramatics includes not merely training in acting, but likewise all phases of dramatic production—scenery and costume design and execution, directing, et cetera.

Parliamentary Procedure is the study and practice of the use of parliamentary law, the accepted manner of conducting business meetings. The parliamentary procedure contests are a popular phase of this activity. (See pamphlet on this).

Art includes the study and practice of painting, drawing, the study of liturgical arts, paintings by great Catholic artists, Madonnas, etc.

Museums—Collections—this implies trips under the guidance of leaders to local galleries for the inspection and appreciation of artistic and natural phenomena.

Trips—Tours—to near-by places of historic interest or natural beauty, and the study of the background.

Radio Programming—training in speaking through the microphone, as well as script-writing, radio acting, knowledge of the rules of broadcasting, study of the value of radio, and even, especially for boys, the building of transmitting and receiving sets.

Craftshops are places—rooms, basement, or corner—devoted to such handicrafts as wood carving, leather tooling, metal work, book binding, basketry and weaving.

Hobby Clubs include such activities as photography, stamp collecting, nature collections, model building, puppets, gardening.

VOCATIONAL ACTIVITIES

Vocational Conferences are gatherings of young people to be addressed by men and women experienced in special fields, professions and vocations, to point out the advantages, disadvantages, qualifications, necessary training, opportunities and standards of each calling.

Career Clubs—These are somewhat similar to vocational conferences, but consist of a smaller number, meeting regularly for more intensive discussions and follow-up on the part of the members concerning specific vocations.

Marriage Conferences are any studies, discussions, or panel clubs for young men and young women on this subject. They may include study of Christian standards of marriage, understanding of the spirit of self-sacrifice, income necessary for marriage, et cetera. They may also include the study of privileges and responsibilities of parents with regard to religious training in the home, education, child care, et cetera.

Home Management Clubs are groups formed to learn and enjoy cooking, sewing, design, home nursing, budgeting, materials, menus, food values, marketing, et cetera.

Home Arts Clubs are groups formed to study and try their hand at interior decorating, merchandising, study of silver patterns, glass ware, furniture, and similar household adornments. This interest group may be called on to act as hostesses and make arrangements for social events of the club.

Placement Studies are the consideration by groups of technique and facilities for securing positions fitted to individual aptitudes, training and interests.

RECREATIONAL ACTIVITIES

SPORTS—

Many individual sports have great carry-over value; they may be enjoyed alone or with friends. Ordinarily facilities are available.

Swimming	Bicycling	Roller-skating
Boating	Riding	Ice Skating
Canoeing	Bowling	Skiing

Small group sports may be played through life. No team training is necessary. Facilities are available in most communities and possibly in parishes and homes.

Tennis	Archery	Handball
Golf	Badminton	Fencing

Large group games are easily learned and provide for the participation of many members.

Volley-ball	Dodge-ball	Soccer
Hit-Pin	Speed-ball	Hiking
Newcomb	Hockey	Camping

Minor sports are easily made available, learned quickly and have carry-over value.

Ping Pong	Dart ball	Deck golf
Deck Tennis	Shuffleboard	Paddle Tennis
Tetherball	Horseshoe	Quoits

Selective team sports provide recreation for the few, require long team practice and have little carry-over value.

Basket-ball	Base-ball	Soft-ball
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Play Days—“A Play Day is a day when girls from several groups meet and play WITH each other, rather than AGAINST each other.” As girls enter the room or play field, they are given colored arm bands and later are organized into the red team, the blue team, etc. This mixes up the little groups or cliques of friends and varies the group from time to time. Then sports listed above may be played by groups. For full directions see The Youth Leader’s Handbook.

Hiking requires careful advance planning, and careful preparations—distance, permission to use site, permission to build fire, assurance of pure water, etc. must be considered. The dangers of the out-of-doors must be met before the real pleasure can be enjoyed.

Camping is a long time planning project. Camps must be well established with adequate standards and protection. A qualified staff is essential.

SOCIAL

Gay parties are vital to any leisure-time program. They should be planned carefully with theme, program, etc., to give enjoyment to all attending.

Dances may be very informal and casual or an extraordinary event to be held occasionally. All present should participate and circle dances should be interspersed to give all an opportunity to meet others.

Picnics are happy gatherings in the out-of-doors with a lunch either prepared in advance or at the picnic site. Out-of-door games and sports contribute to the fun.

Fun-nights are all C. Y. C. get-togethers suitable for parish or inter-parish activity. Songs, skits, games, dancing may be part of the program. Group games and square dances are especially good.

COMMUNITY SERVICE ACTIVITIES

Crusades are the intensive publicizing of and assisting in a special project for a necessary period of time—for example, securing the ban on indecent literature on public stands, or making good literature accessible in public places, safety drives, clean up campaigns, et cetera.

Red Cross includes all work done as a C. Y. C. group under the direction of the American Red Cross. A separate bulletin will give detailed information on this.

Citizenship forums include the study, through panel and discussion groups, of the fundamental principles of American citizenship and the joining as a youth group in a project to demonstrate or improve conditions of city, state, or federal government.

Volunteer Social Service includes assistance to the underprivileged through such activities as preparing Thanksgiving and Christmas baskets, reading to the blind, visiting shut-ins, distributing magazines to hospitals, et cetera.

National Defense includes those activities which will enable youth to serve effectively in a greater national defense program. Detailed plans on this are in formation.

POLICIES AND STANDARDS OF RELIGIOUS ACTIVITIES

Since the Christian education of youth is the only secure foundation for a life of virtue, our goal must be every Catholic child and youth in a Catholic school. For youth out-of-school or not attending a Catholic school, the program of religious instruction according to the law of the Church must be promoted by the Parish Confraternity of Christian Doctrine. Cooperation with and promotion of the diocesan and parish plan of religious instruction of Catholic Youth in public schools should always be fostered.

In keeping with these premises we recognize that personal sanctification is a primary requisite for all engaged in carrying on the apostolate of Catholic Action and that spiritual motives should permeate all our efforts and activities, hence:

1. Youth should be brought to a living faith in Christ.
2. Youth should be made familiar with the heroes and heroines of the Church in order that the Saints and especially the Queen of Saints may be followed as models.
3. The use of the liturgical calendar should be made the basis of the planned youth program of the year.
4. The frequent reception of the Sacraments and the use of the Missal in assisting at Mass, should constantly be emphasized and encouraged to promote lively participation in the life of the Church.
5. A happy, helpful relation should exist between the C. Y. C. and the Confraternity of Christian Doctrine, since both are striving toward one goal, to unite the youth of the parish, whether attending Catholic or public schools, in the one parish group.

POLICIES AND STANDARDS OF CULTURAL ACTIVITIES

Recognizing that through cultural activities we can give to our youth a deep understanding of the age-old heritage of their Church and an appreciation of lasting beauty through the development of the arts as an expression of the true Catholic philosophy, it is agreed that:

1. The best in dramatics, crafts, music and literature be used to give to youth the perfect pattern, so that they may be able to judge the false from the true.
2. New avenues of thought and expression that will be of value in later life be opened to our youth through cultural activities.
3. The whole Catholic Youth Council be given the benefit of the activity of special interest groups by means of special presentations of their work—exhibits, plays, etc.
4. Cultural activities shall be planned for all youth, not merely for the development of the few with special talents and abilities.
5. Advantage be taken of community resources—galleries, concerts, etc.—of high standard to bring home to youth the enjoyment of the arts.

POLICIES AND STANDARDS OF SOCIAL ACTIVITIES

It is recognized that social standards for C. Y. C. affairs must be of a high order because leisure time activities can exert a powerful influence in character building and because Catholic Youth have the privilege of carrying the standards of the Church to the world.

Therefore it is agreed:

1. There shall be a variety of social affairs in order to interest every youth.
2. Social affairs ordinarily shall not be so elaborate as to exclude any member or potential member because of dress, fees, or other discrimination.
3. Definite hours of opening and closing of social affairs or meetings shall be established and announced. It is understood that on special occasions the hour of closing may be extended but it shall be extended to a definite time and announced.
4. Social affairs can be instrumental in bringing all youth of the parish to a common understanding and should be consciously used for that purpose.
5. Social affairs should develop an appreciation and enjoyment of simple, real things and the ability not to depend entirely upon the artificial and commercial forms of recreation.

POLICIES AND STANDARDS OF GIRLS' ATHLETICS

Believing in a youth program suitable for all girls and one that will develop the best in each girl, and that our bodies should be revered as temples of the Holy Spirit and tabernacles of the race; and that their proper physical care and development is consequently a duty as well as a legitimate pleasure, we resolve that we

1. Should demand women coaches for girls' athletics.
2. Promote those sports which admit participation of large numbers rather than those which make heroines of a very limited number and consign the many to the negative role of watching.
3. Promote activities which have carry-over value socially, such as tennis, swimming, horseback riding, golf, archery, bicycling, badminton, shuffle-board, ping-pong, hiking, skating, picnics.
4. Protect the health of girls through demanding a physician's certificate for participation in any competitive game, and competent supervision which will regulate the amount and time of participation.
5. Promote the study of the physical and physiological needs of girls so that all sports may be adapted to their needs, thus avoiding disastrous results of the wrong games and furnishing the very desirable results of those activities valuable to girls and women.
6. Definitely discourage emphasis on tournaments, public exhibition, public marching, and too strenuous athletics.
7. Promote the use of suitable costumes for athletic activities. Nowadays inexpensive costumes of smart design are much more attractive than the mere scantiness of clothing which is not only undesirable but awkward and detracts from the charm of appearance.

THE SPONSOR'S CREED

1. I believe that each layman and each laywoman has a personal obligation to participate in the apostolate of the laity.
2. I believe that youth has a like responsibility to discharge the mission of the Church, and that youth is a time of preparation and training for this mission.
3. I believe that leisure-time programs afford an opportunity to secure this preparation since it is generally accepted that planned use of leisure is a great factor in character building.
4. I believe that youth desires and needs sponsorship in order that, profiting by the guidance of adults, they may reach genuine Catholic standards as well as secure the full joy of their program.
5. I believe in the development of the whole youth through spiritual, cultural, vocational, recreational and community service activities.
6. I believe that the program as set up with understanding adult sponsorship will operate to make a balanced program available to all the young people in the parish, not merely the few with special interests and abilities.
7. I believe that we as sponsors, and therefore part of the Parish Youth Board, have a responsibility to interpret this program to the parents through our Parish Councils of Men and Women.
8. I believe that sponsors should guide, tactfully and understandingly, developing leadership among youth itself, and giving that leadership room for complete expression.
9. I believe that our youth of today are the leaders of tomorrow, that their confidence in our guidance demands our best thought and effort, that their potential abilities and achievements demand our careful and mature judgment, that their zeal and enthusiasm can be made productive, and that to their eager, well-trained Catholic minds and hearts we can entrust the future of Church and country.

YOUTH SPONSORS' TRAINING OUTLINE

A five-session training course for sponsors and leaders.
The outline is planned for five three-hour sessions, and a

DAY OF DEDICATION
which can precede the institute.

FIRST PERIOD: GENERAL BACKGROUND

1. Catholic Action—What It Is, How It Functions, The Individual's Responsibility.
2. The Functions of the Youth Committee.
3. Organizational Pattern for Youth.
4. Relations of pastor, sponsors, leaders, youth officers and youth.
5. The N. C. W. C. and the N. C. C. W.

SECOND PERIOD: STANDARDS

1. The interests and needs of Youth.
2. Balancing the Program.
3. Policies and Standards.
4. Membership.
5. Resources.

THIRD PERIOD: ACTIVITY CLINICS

1. Religious.
2. Cultural.
3. Vocational.
4. Recreational.
5. Community Service.

At the invitation of the Most Rev.
(Bishop of the Diocese)

DAY OF DEDICATION CATHOLIC YOUTH SPONSORS

(city)

(date)

Conducted by: (name of retreat master)

- 8:00—Mass and Holy Communion
Celebrant,
8:30—Breakfast
9:30—Conference and Meditation
10:00—Panel Discussion: Catholic Action
12:00—Conference and Meditation
12:40—Luncheon
2:00—Panel Discussion: Leadership
3:00—Conference
3:30—Pledge of Dedication Ceremony and Benediction

DEDICATION FOR YOUTH SPONSORS

O Mary! Our Queen! To thee I dedicate my small part in the Catholic Youth Program of the Diocese. Through thee to thy Son, I promise a service of at least three hours a week as sponsor or as leader.

Help us to give that youth a body strong and worthy to receive the King of Kings; a spirit, generous, brave, and gay; a mind quick to know the sham from the real and rich in the Catholic truth and culture which is its heritage.

May we help youth to know the joy of carefree leisure hours, but in doing this, may we always help them look beyond the today into the tomorrow, which means the building of a happy Christian home, the development of a good Catholic citizenship, and the preparation for discharging the mission of the Church.

Help us make of them crusaders who go in the vanguard of the Beloved Master in order that when Thy Son shall walk among us He may not see that the youth whom He has entrusted to this generation are unlovely and afraid.

This is my responsibility and another cannot do it for me. At the moment, I have the ability. It is I, or no one, and I pledge my best.

FIRST PERIOD: GENERAL BACKGROUND

I

CATHOLIC ACTION

- What is Catholic Action?
- Why is it needed so badly today?
- What are the Holy Father's directions for Catholic Action?
- How does it function?
- What is the individual's responsibility?

II

THE FUNCTIONS OF THE YOUTH COMMITTEE

- The Youth Committee as a Sponsoring Committee
- Its organization—national, diocesan, deanery and parish
- Need for a Committee
- Functions of the Committee
- Responsibilities of Youth Chairmen
- Sponsors and Leaders

III

ORGANIZATIONAL PATTERN FOR YOUTH

- Diocesan Plan to be presented or reviewed
- The Sponsor—Parish Youth Council Plan

IV

RELATIONS OF PASTOR, SPONSORS, LEADERS, YOUTH OFFICERS AND YOUTH

- The Pastor, head of the parish, channel of Catholic Action
- The Parish Youth Committee: Its Function
- The Sponsors and the Youth Chairman
 - The special activities leaders
 - The Youth Officers

V

THE NATIONAL CATHOLIC WELFARE CONFERENCE

THE NATIONAL COUNCIL OF CATHOLIC WOMEN

The Youth Committee as a National Committee

- What is the N. C. W. C.?
- What are the Departments of the Welfare Conference?
- What is the function of each?
- What is the place of the Confraternity of Christian Doctrine in the N. C. W. C.
- The N. C. C. W. is an integral part of the N. C. W. C.
 - What claim may a diocesan council make as a Catholic Action agency?
- Its general set-up and functioning
- The National Committee System

SECOND PERIOD: STANDARDS

I

THE INTERESTS AND NEEDS OF YOUTH

1. Susie and Bob go to High School
2. Patricia and James get a Job
3. Mary Elizabeth and John Come Home from College

II

BALANCING THE PROGRAM

1. Development of Balanced Personality
2. Careful Planning
3. Something of Interest to All

III

POLICIES AND STANDARDS

1. General
2. Religious
3. Social
4. Cultural
5. Athletic

IV

MEMBERSHIPS

1. Qualifications
2. Recruiting
3. Maintaining Interest
4. Dues
5. General Problems

V

RESOURCES

1. National Headquarters
2. Local Headquarters
3. National Organizations
4. Local Agencies

THIRD PERIOD: ACTIVITY CLINICS

I

RELIGIOUS

1. Prerequisite of Catholic Action—Personal Sanctification
2. Living the Liturgy
3. Catholic Standards
4. Religious Discussion Clubs
5. Crusade of Catholic Action
 1. General Plan
 2. Local Projects for the year

II

CULTURAL

1. Dramatics—Art—Music
2. Hobbies
3. Crafts
4. Tours, concerts, museums, etc.
5. Panel Clubs

III

VOCATIONAL

1. Vocational Conferences
2. Christian Marriage—Parenthood
3. Home Arts
4. Catholic Professional Standards
5. Personality, Charm

IV

RECREATIONAL

1. Play Days—Fun Nights
2. Sports
3. Parties—Dances
4. Hiking—Picnics
5. Games

V

COMMUNITY SERVICE

1. The ideal of service—Catholic ideals
2. Opportunities for Community Service
3. Planning Service for the year
 1. General
 2. Seasonal
4. Responsibilities of Citizenship
5. Civic Cooperation

BIBLIOGRAPHY

- The Encyclical—"Catholic Action"—His Holiness, Pope Pius XI—10c.
Conferences on Catholic Action—Guiseppe Cardinal Pizzardo—25c.
A Message to the Catholic Women of the World—His Holiness, Pope Pius XII—free.
The Youth Leaders' Handbook—25c.
The Role of Leaders—10c.
Just What Is the N. C. W. C.?—Right Rev. Msgr. Michael J. Ready—free.
The National Council of Catholic Women, What it is, Why it is, What it does.—free.
Facts Concerning the N. C. C. W.—free.
Handbook on the Organization of Diocesan Councils—15c.
Designs for Deanery Development—10c.
Handbook on the Organization of Parish Councils of the N.C.C.W.—10c.
The National Committee System—15c.
The 1938 Call to Youth—25c.
The Whole Youth—Most Rev. Joseph F. Rummel, D. D.—5c.
What Is A Diocesan Youth Council—10c.
What is a Parish Youth Council—5c.
Manual of the Confraternity of Christian Doctrine—10c.
The Religious Discussion Club for High School and Adult Groups—5c.
What You Can Do About a Study Club—5c.

The above materials may be secured from

The National Council of Catholic Women
1312 Massachusetts Avenue, N. W.
Washington, D. C.

For bibliographies and materials regarding specific activities consult **The Youth Leaders' Handbook**.

A Manual of Catholic Action—Luigi Cardinal Civardi—Sheed & Ward, 63 Fifth Avenue, New York City—\$2.00.

The Mystical Body of Christ—Right Rev. Msgr. Fulton J. Sheen—Sheed & Ward—\$2.00.

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