

Beatitude Attitude - Be Happy!



2019

# JUST 5 DAYS

*A Catholic*  
**HANDS-ON**  
*Youth Mission!*

JUST FOR MIDDLE SCHOOL YOUTH

We offer engaging summertime hands-on service experiences, faith learning, gathered community prayers, and memories that last for a lifetime. Join us this summer on a 5 day service mission just for Catholic middle school youth and their adult leaders.





-  FAITH
-  SERVICE
-  PRAYER
-  COMMUNITY
-  CATHOLIC

**FAITH** in Jesus is the heart of **JUST5DAYS**. Our theme this summer is *Beatitude Attitude - Be Happy*. All week long, participants will explore the Beatitudes (Matthew 5:3-12) as Jesus' guidelines for living and being happy!

Meaningful **SERVICE** during **JUST5DAYS** places middle school youth in direct, hands-on volunteer work that meets real needs of a local community. Our service opportunities include assisting the elderly, those with disabilities, low income families, community soup kitchens, and helping various nonprofit charitable organizations. Both outdoor and indoor service opportunities are available at most locations.

Gathered community **PRAYER** begins and ends each day of **JUST5DAYS**. In all our prayer services, there are opportunities for youth to have leadership roles proclaiming the Word and sharing their voices in song. **Our week of service culminates on Friday with a celebration of the Liturgy of the Eucharist.**

Christian **COMMUNITY** within **JUST5DAYS** is fostered through age appropriate activities, group discussions, and simulation games. By their direct service out in the community, youth will also gain a better understanding of socioeconomic and cultural diversities.

**CATHOLIC** is who we are! **JUST5DAYS** promotes the principles of the Catholic faith, Sacred Scriptures, and teachings from Pope Francis and other holy men and women who follow Jesus and serve with love.





“Yours are the hands  
with which Christ blesses  
all the world.”  
- St. Teresa of Avila

## ABOUT US

**WHAT WE DO:** Encourage middle schoolers to grow in discipleship with Jesus by connecting their volunteer service work with the teachings and prayers of the Catholic faith.

**WHO MAY ATTEND?** Any youth entering 7th, 8th, 9th grade, who registers as part of a parish or school team, is welcome. One adult (25 years old or older) is required to serve as the team leader. Additional adults must be a minimum of 21 years old or older.

### WHY CHOOSE US?

**WITH JUST5DAYS**, your team won't get lost in the crowd. We intentionally keep our maximum registration size to smaller numbers to ensure quality personal attention for each team. Our talented **JUST5DAYS** staff also works to mentor middle school youth into various leadership roles during the week.

**REGISTER YOUR GROUP!**  
**CALL NANCY AT 253-853-5422**

## COST

**\$310 / PARTICIPANT**

Price includes:

- Lodging & Nutritious Meals
- Professional Program Leaders
- Educational Activities & Learning
- Pre-Organized Service Sites
- Daily Community Prayer Services
- **JUST5DAYS** T-Shirt

Teams must provide their own transportation to and from service sites.

**FOR MORE INFORMATION,  
DOWNLOADABLE BROCHURE,  
AND AVAILABLE LOCATIONS:**

**JUST5DAYS.ORG**

**QUESTIONS: SUSAN@CMDNET.ORG**

*The Center for Ministry Development also provides a service and mission experience designed for high school youth.*

**YOUNG NEIGHBORS IN ACTION** offers great service opportunities, dynamic faith learning, and engaging prayer experiences.

**YOUNGNEIGHBORS.ORG**

# 2019 PROGRAM SITES & DATES

PLEASE VISIT OUR WEBSITE FOR ADDITIONAL  
SITES AND LOCATIONS NOT LISTED BELOW:

**ALAMOSA, CO**  
7/15 - 7/19

**ANCHORAGE, AK**  
6/24 - 6/28

**APPLETON, WI**  
6/24 - 6/28

**AUSTIN, TX**  
6/17-6/21

**BENTON, TN**  
6/1-6/21

**DAVENPORT, IA**  
7/15 - 7/19

**HALES CORNER, WI**  
6/17 - 6/21

**HONOLULU, HI**  
6/24 - 6/28

**KANSAS CITY, MO**  
6/24 - 6/28

**LAS VEGAS, NV**  
6/24 - 6/28

**OMAHA, NE**  
7/15-7/19

**RIO GRANDE VALLEY, TX**  
6/24 - 6/28

**SPRINGFIELD, MA**  
7/15 - 7/19

**ST. JOSEPH, MI**  
7/8 - 7/12  
7/15 - 7/19





# JUST5DAYS.ORG

## LET US HELP YOU PREPARE FOR YOUR MISSION EXPERIENCE!

We provide personalized support, pre-trip materials, and everything you need to plan for a powerful, transformative mission week. During **JUST5DAYS**, you will have opportunities to serve side-by-side, participate in small group discussions, and pray with your middle school youth. Relax and let our experienced staff provide a quality learning environment so you can spend time where it really matters, fostering faith growth with your middle schoolers!

## OUR PROGRAMING IS EDUCATION, INTERACTIVE, AND ENGAGING!

After a day of serving in the community, participants will spend their evenings exploring "Attitudes of the Beatitudes" through interactive simulation games, videos, team time, music, drama, creative projects, and prayer experiences.

**EMAIL [NANCY@CMDNET.ORG](mailto:NANCY@CMDNET.ORG)** and receive a registration packet with information to register and get your mission trip started.

## DAILY PROGRAM SCHEDULE

- 8:00am** Breakfast
- 9:00am** Morning Prayer
- 10:00am** Work at Service Sites
- 3:30pm** Shower and Relax
- 5:00pm** Team Time
- 5:30pm** Dinner
- 7:00pm** Evening Program
- 8:30pm** Evening Social
- 9:30pm** Evening Prayer
- 10:30pm** Good Night!

## TESTIMONIALS

*"Just5Days is a great balance of formation and service. I was impressed that the staff always focused on the youth and helping them to open their hearts to Jesus."*

- Lance, 2018 Adult Participant

*"Going to Just5Days was one of the best expediences of my life. I loved going to the service sites and also spending time with youth from my church."*

- Nicole, 2018 Youth Participant



   The Center for Ministry Development is a trusted leader in providing ministry training and resources nationally for over thirty eight years. **[CMDNET.ORG](http://CMDNET.ORG)**