



Trinity Episcopal Cathedral
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EYC Handbook

About EYC

Mission

The mission of Trinity Cathedral Episcopal Youth Community (EYC) is to serve, form, and empower youth in their transition between childhood to adulthood as peoples of the Episcopal Church.

EYC serves 6th-12th graders through a program that provides fellowship, fun, and spiritual growth in a safe and loving environment. Youth and leaders meet to share meals, play games, participate in service work, travel to Youth Events, and explore their relationships with the church, each other, and Christ.

Staff

The EYC program is planned, supported, and executed by a team of people dedicated and motivated to serving the youth in our Church. The *Youth Ministry Coordinator* plans and runs the EYC events, with assistance from staff and volunteers. Clergy Leadership is provided by the *Director of Children and Youth*.

A Note on Safety and Responsibility

In the Diocese of Arkansas it is a requirement that all people who work with children and youth in the church must do the following: 1) submit to a background check every five years, and 2) complete Safeguarding God's Children training every five years. This is a sexual abuse awareness and prevention program created by the national Episcopal Church.

In addition to meeting these requirements, the youth minister is CPR, First Aid and AED certified. First aid kits are kept nearby at all events.

In order to participate in any of the EYC programs, youth must have a participation form filled out and returned to the Youth Ministry Coordinator. This includes emergency contact information, important medical notes, and a signed activity waiver and media release.

When EYC Meets

Weekly

The Trinity Cathedral Youth meet weekly throughout the school year on Sundays.

Sunday Mornings:

All youth are invited to join for Sunday Morning Formation (10:15-11am) during which we focus on relevant topics to the church calendar and the world. This time together is guided by discussion questions and includes interaction with scripture, storytelling, reflections, and prayer.

Sunday Afternoons:

The EYC meets between 4-6pm in Mitchell House (unless noted otherwise). The night includes a shared dinner (typically provided by parent volunteers). Activities for the night revolve around the themes of community building, service, and faith exploration.

Off-site Trips:

Occasionally throughout the year, the EYC will participate in off-site activities such as field trips, dinners at local restaurants, or retreats.

Diocesan & Convocation Events

The EYC participates in the two annual Diocesan Youth Events held at Camp Mitchell: AYE (October) and Winterstar (March). In addition, youth in 10th-12th grade are invited to be a part of the Diocesan Event, Happening, which takes place twice each year.

Throughout the year, Trinity EYC joins with other Episcopal Churches in the Central Convocation for events such as a Fall Lock-in and a Spring Picnic. Trinity EYC will also occasionally join with another Little Rock EYC for a Sunday night of shared youth group.

Mission and Service

EYC provides service opportunities both through the church and by partnering with other organizations. Youth are encouraged to participate in service work as a means of growing community relationships. Examples of seasonal projects include: Saint Francis House Christmas Box delivery, Ringing the bell for Salvation Army, Clean-up day at Camp Mitchell, etc.

EYC Norms and Participation Agreement

In the Fall of 2017, the youth proposed EYC Norms, or guidelines for behavior during youth events. At the beginning of each school year, the EYC will review and revise the norms in order to encourage and maintain a safe, respectful, and successful environment for positive growth and loving community.

In addition to abiding by these community agreed-upon norms, youth must sign the activity waiver that is a part of the required participation form. This waiver addresses that the participant “must respect and obey instructions of the adult(s) in charge, and that no alcohol, illegal drugs or sexual misconduct is permitted.”

EYC Norms (Rev. 2017)

1. Be respectful towards others, the space, and the time.
2. Listen when others talk. Support all voices.
3. Embody a welcoming community that is open and tolerant to all members.
4. Be responsible; remembering that we are representing ourselves as “mature” youth in the church, and setting examples for the younger generation.
5. Stay positive. Challenge ourselves when something is difficult; embracing the opportunity for growth.
6. Stay safe. Adhere to policies set by the church that prohibits misconduct and illegal activities.
7. Encourage creativity and strive for “awesomeness!”
8. Have fun!

Further Involvement and Contact

Volunteers

Parents, or other volunteers, are always needed to provide Sunday meals and help with transportation, chaperoning, and fundraising. If you feel called to volunteering with the EYC program, please contact Olivia so that we might best apply your skill, time, and passion. Thank you for your support!

Ministries for Youth

There are a variety of opportunities in which youth can be involved in the church. In addition to EYC, youth are invited to participate in ministries such as acolyting, choir, handbells, lectors, and more! Many of these activities qualify for earning service hours (often required by schools). Thank you for your ministry!

Stay Connected

If you have any questions or concerns about EYC or the youth at Trinity Cathedral, please contact Olivia Goza, Youth Ministry Coordinator: ogoza@trinitylittlerock.org.