

Dear Priests, Catechists, School Chaplains and Youth Ministers

On **Sunday 25th November**, the feast of Christ the King, the Church invites young people to be at the heart of our celebration of National Youth Sunday. To help engage young people in this celebration the Home Mission Office has prepared resources for schools and parishes that pose the question: **Could you live with just one filter?**

Social Media is a big part of most young people's lives, but when scrolling through feeds on Snapchat, Facebook or Instagram many of them do not consider how many of the pictures have been adapted, cropped, photo-shopped or had a filter applied. No one thinks twice about altering an image before posting it on social media: it is all just part of the process of attracting as many likes and comments as possible. Today we want to inspire young people to think about where else in their lives they are using filters. What do they do to mask who they *really* are? Are they hiding or enhancing parts of their lives to make themselves feel good? What do they do to feel like they belong? How do they make themselves *look* right?

We want young people to hear the message that there is ONE filter that helps us stay true to ourselves, that helps us all to measure our lives in the right ways and present ourselves to others as we are. This is the filter of God's Love. When we look at our lives through this filter we see ourselves and others as God does, as truly loved, valued, and significant, no matter what is going on in our lives. We want young people to know that they are works of art, masterpieces, lovingly created by a God who knows them and wants to be close to them.

In the Gospel reading for the feast of Christ the King we hear that Jesus came to "testify to the truth" and that "Everyone who belongs to the truth listens to my voice" (John 18:33-37). Many of our young people do not hear often enough the truth that God loves them, and that Jesus, King of the Universe, can transform their lives if they allow Him into their hearts.

We have created the following resources to help schools and parishes explore this theme further:

In this pack

Four poster presentation posing the question 'Could you live with just one filter?'

Cue cards to stimulate conversation.

Thank you cards with envelopes to let some young people in your parish that you appreciate and care for them.

Online

Assembly presentation in Power point with notes for the presenter.

Discussion Session with notes.

Prayer time notes.

Quiz questions on social media.

Please help our young people know that someone sees them as they truly are, that they are loved, valued and listened to. Celebrate them and affirm them for the little things you see them do by sending them a National Youth Sunday Thank you card. Explore with them what it means to be true to themselves and to see their lives through the filter of God's love. Invite them to live with #JustOneFilter.

For more information please call Teresa Carvalho on 0207 901 4882 or to download resources please visit www.nationalyouthsunday.org.uk