



# TOTUS TUUS



Diocese of Winona-Rochester



# TABLE OF CONTENTS

1

Totus Tuus (Totally Yours) .....	2
Curriculum and Motivation .....	3
5 Pillars of Totus Tuus .....	4
5 Marks of Totus Tuus .....	5
The Sacraments .....	6
Daily Schedule .....	7
Volunteers .....	8
Grade School Program .....	9
Parish Activities .....	10
Evening Program .....	11
The Team .....	12
Host Homes .....	13
Hosting Meals .....	14
Parish Involvement .....	15
Cost .....	16



# TOTUS TUUS - “Totally Yours”

2

Totus Tuus is a Catholic summer youth program dedicated to sharing the Gospel and promoting the Catholic faith through catechesis, evangelization, Christian witness, and Eucharistic worship. The goal of Totus Tuus is to help young people develop their relationship with Jesus Christ creating an intimate friendship through which He may lead them to the Father. To accomplish this, we emphasize devotion and love for our Lord in the Eucharist and for Mary our Mother. We strive to help young people understand their faith through catechesis in order to live it in today's world and by making it fun for the youth and missionaries alike. A Totus Tuus missionary helps to make the faith real to the youth as a way of life and love and not simply a set of rules and obligations.

Totus Tuus calls upon college students and seminarians from the Diocese of Winona-Rochester and across the United States to carry out the mission. Those hired are trained and put onto teams of four (two men and two women) to go forth to lead youth to Jesus.

In addition to trying to communicate our faith and translate that into daily life, we also strive to foster Christian vocations. It is our firm belief that vocations, or callings from God, can only be heard and responded to if one is living a Christian life. We strive to foster this, first and foremost, in our missionaries by providing them with an understanding of the faith, a strong prayer life, and an opportunity to witness to their faith. Because the missionaries are striving to live an authentic Christian life and are actively discerning their vocation, they can better help the youth to do the same.



The Sacred Scriptures and the Catechism of the Catholic Church provide the foundation for the catechetical instruction of the Totus Tuus mission. Each year Totus Tuus will catechize using one of the cycles from the Catechism and one from the Rosary. Totus Tuus has divided the four sections of the Catechism into a six-year cycle:

- Year One: The Mystery of Salvation
- Year Two: The Apostle's Creed
- Year Three: The Sacraments
- Year Four: The Commandments
- Year Five: The Virtues and Beatitudes
- Year Six: Prayer and the Our Father

In addition to this cycle from the Catechism, Totus Tuus follows a four-year cycle dedicated to the mysteries of the Rosary:

- Year One: Joyful
- Year Two: Luminous
- Year Three: Sorrowful
- Year Four: Glorious

Totus Tuus is Latin for "Totally Yours" and was the motto of Pope John Paul II. It was taken from St. Louis de Montfort's True Devotion to Mary and represents our desire to give ourselves entirely to Jesus through Mary. The phrase reminds us of the tremendous and sometimes difficult call to spend ourselves for Christ while relying on the intercession of His mother, and to preach the Gospel to all nations.



This challenge to be Totus Tuus is accepted with great joy. The teams come to know and love the vitality, faith, and courage of all the youth they encounter. The youth are seeking role models who are striving to live and proclaim, "Lord, I will be totally yours!" With joy and honor, Totus Tuus serves these youth and shares with them the blessings that God has given them. Therefore, the missionaries dedicate their summer entirely to the youth of Totus Tuus.



# 5 PILLARS OF TOTUS TUUS

4

1. The Eucharist
2. Marian Devotion
3. Catechetical Instruction
4. Vocational Discernment
5. FUN!

**The Eucharist** has priority in the Totus Tuus schedule, for both team members and the youth. The celebration of the Holy Sacrifice of the Mass is the “source and summit” of the daily Totus Tuus schedule. This is accompanied by additional prayer, including Liturgy of the Hours, Rosary, Angelus, Chaplet of Divine Mercy, and Adoration.

Totus Tuus missionaries will lead the youth to Jesus for a week; however, Mary will lead them to Jesus for a lifetime. Therefore, Totus Tuus promotes **Marian Devotion** including meditation on the mysteries of the Rosary. Through this, the youth will see how Mary always leads people to her Son. Praying with her we hear her say to us, “Do whatever He tells you” (John 2:5).

An authentic **Catechesis** rooted in an orderly and systematic explanation of God’s revelation of Himself through the person of Jesus Christ provides the foundation of the teaching found in Totus Tuus. The missionaries instruct the youth in the basic tenets of the Catholic faith in order to cultivate both a firm intellectual grounding and a solid relationship with Jesus. All of our teaching aims to help young people grow in understanding and strengthen their faith in Jesus Christ while developing an intimate friendship with Him.

Totus Tuus strives to foster **Christian vocation** by encouraging young people to begin discerning God’s call in their life to be married, a priest, a religious, or a consecrated single. Team members also intentionally discern their vocation over the summer, guiding them in helping the youth to do the same.

Totus Tuus demonstrates that one can be a faithful Catholic and still have **fun**. Morning pump up, silly skits, songs, recess, water fights, and the energy and excitement that the missionaries bring with them infuse the element of fun into the program.

# 5 MARKS OF TOTUS TUUS

5

1. Proclamation of the Gospel - to awaken faith
2. Apologetics - examine and understand the reasons for our beliefs
3. Christian Witness - experience Christian living
4. Celebration of the Sacraments - specifically Holy Eucharist and Confession
5. Active Witness of the Missionary Nature of the Catholic Church - Matthew 28:19

Totus Tuus joins the Church in her proclamation of the Gospel to spark faith in the youth of the Diocese of Winona-Rochester. Ready with “an explanation... for the reason for your hope” (1 Peter 3:15), Totus Tuus missionaries expound upon the reason for our beliefs and share their personal testimonies with the young people.



Pope Paul VI wrote, “Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses” (Evangelii Nuntiandi, 41). With this in mind, Totus Tuus team members are immersed in a life of prayer and give witness to the fruits of that experience of Christian living to the youth.

Additionally, the daily schedule of the Totus Tuus missionary revolves around the Mass, the Sacraments, and prayer. A summer given entirely to God and the young people of the Diocese of Winona-Rochester would not be possible otherwise.



Understanding that all we do is linked with the whole Liturgical and Sacramental life, it is important that the church be available for Mass, and confessions every day, along with Adoration once for the evening program. Totus Tuus encourages the celebration of Holy Mass at 11:15 a.m. every day; however, the Totus Tuus schedule can be adapted to meet the needs and special circumstances of your parish. It is within the Sacraments, especially the Eucharist, that Jesus Christ works most fully for the transformation of all mankind. Children will participate in serving, bringing up the offertory gifts, and proclaiming the readings.

If a priest is unable to preside at the Mass at any point during the week, the team will bring the youth to the church to pray the Rosary or the Stations of the Cross.



We suggest that opportunities for the Sacrament of Reconciliation be made available every day at 10:45 a.m. but once again, this is the suggested schedule and can be adapted as necessary. We realize that this can be a lot to ask our priests who are already busy, but we have found over the years that celebrating and participating in the Sacraments has a tremendous effect on the youth. We strive to help the youth participate fully and actively in the liturgy and consider this an integral part of our program. It is the responsibility of the "program contact person" at the parish to arrange the liturgical and sacramental events with the priest.

# DAILY SCHEDULE

7

The following is a suggested schedule for use during the week of Totus Tuus. This schedule can be adapted to meet the needs of a particular parish. If you would like to make adjustments to the schedule, we ask that you notify the Youth and Young Adult Office (or the team leader who will be contacting your parish once the summer has begun) as soon as possible.

7:30am - Team breakfast (at host homes)

8:00am - Team Morning Prayer and Rosary

## Grade School Program

9:00am - Introduction

9:15am - Warm up/ songs/ skits

9:25am - Class #1

9:50am - Snack break

10:10am - Music practice for Mass

10:20am - Class #2

10:45am - Mass preparation and Confession

11:15am - Mass

12:00pm - Lunch and Recess

12:55pm - Water Break

1:00pm - Totus Tuus Show

1:15pm - Class #3

1:40pm - Break

1:50pm - Class #4

2:15pm - Gather/ Review

2:30pm - Dismissal



## Junior High and High School Program

7:00pm - Introduction

7:15pm - Session #1

8:00pm - Break

8:15pm - Session #2

9:00pm - Night Prayer

9:10pm - Dismissal



It is required to have at least one adult to assist in the classrooms and to supervise the children especially during bathroom breaks and recess. **There must be at least two adults present in each room at all times.** One should be the contact person for any needs that arise and to monitor the youth before 9:00 a.m. and after 2:30 p.m. until their parents arrive.

Volunteers (adults and high school leaders) should be utilized in the classrooms to assist the youth that might need more personal attention or that are prone to be a distraction to the others. **For safe environment purposes, please have at least one volunteer per room.** If there is no window in the classroom door, the door must stay open. If there is a window in the door, it must be unobstructed. Totus Tuus takes the safety of children seriously. Thank you for your assistance in this matter.

Volunteers should not be alone with the youth in the bathroom, but should instead wait outside in the hall. If it is necessary to go into the bathroom with the youth, there should be two volunteers present.



All volunteers over the age of 18 **MUST** be trained in the VIRTUS safe environment program as required by the Diocese of Winona-Rochester and have a current background check. The volunteer VIRTUS Certification can be found on the Diocese of Winona-Rochester website:

[https://www.virtusonline.org/virtus/reg\\_list2.cfm?theOrgID=18682&theme=0](https://www.virtusonline.org/virtus/reg_list2.cfm?theOrgID=18682&theme=0)

It is the responsibility of the parish coordinator to ensure the volunteers have met these diocesan requirements.

Please contact Mary Hamann at [mhamann@dowr.org](mailto:mhamann@dowr.org) with any questions on VIRTUS or background checks.

# GRADE SCHOOL PROGRAM

9

The Grade School Program that Totus Tuus provides is designed for youth going into 1st-6th grade in the coming school year. The parish program runs Monday through Friday.

The youth are encouraged to be clear and consistent in their faith, affirming their identity so they may see God as their loving Father and empowering them to be witnesses to the world. Finally, Totus Tuus endeavors to show the children that the humble yet courageous seeking of all believers is to be based upon the Word of God.

In order for the Grade School Program to run smoothly, the missionaries ask for one large hall or room for the main gatherings (this can double as the lunch room if needed). It is helpful to provide a microphone if possible. There also needs to be a classroom for each group of students (1-2, 3-4, 5-6 grades). The team needs a room that they can use to store their belongings and other things necessary for Totus Tuus to run smoothly. This room will also be used for team meetings throughout the week. For the 1st/2nd grade classroom, it would be ideal to have an empty space in the room for the youth to sit on the ground as well as tables/chairs to use throughout the week. Each classroom should have a dry erase board/chalkboard as well as paper/pencils for the students to use.

We ask the parish to provide drinks throughout the day. Water is a necessity, but we also encourage other drinks such as lemonade. The children will need water set out for them at three points throughout the day: 9:50am snack break, 12:00pm lunch, 12:50pm water break. We also ask that snacks (cookies, muffins, bars, cheese, fruits, etc.) be provided for the morning break (9:50am). We recommend that the volunteers have the snacks and drinks ready at 9:45am. For lunch, the children should bring sack lunches, but volunteers will be needed to get the drinks ready. As the kids finish their lunches we will have a recess break.





The parish is asked to sponsor a potluck supper for the children, their families, and parishioners. This normally occurs on Wednesday evening. The potluck supper should begin at 5:15pm and wrap up around 6:45pm to allow time to prepare for the evening program. This day/time can be adjusted to fit the needs of the parish.

We encourage this potluck to be a parish-wide event. This gives the team the opportunity to meet the families and other parish members and for them to meet the team. During the potluck, the team will introduce themselves and explain more about Totus Tuus while also leading the youth in a few songs.

On Friday, the afternoon schedule will be altered. The schedule is the same until after lunch when we modify it to allow for some “fun time” in the afternoon. After lunch there will be a water-balloon toss and a water fight in which students can bring water containers, squirt bottles, buckets, etc. By about 2:20pm, the water activities will end and the youth and teachers help clean up the area. The parish is asked to provide water hoses and some sort of tank (large garbage cans, buckets, etc.) to hold the water in. Parents should be aware that their children may be wet and possibly dirty when they pick them up on Friday. Please recommend that the students come wearing something that can be ruined (not likely, but possible) and that they will NOT be allowed back into the church to change clothes.



# EVENING PROGRAM

11

Totus Tuus offers evening instruction for junior high and high school students (entering grades 7-12) during the week. The evening program includes instruction, small group discussions, quiet meditation, prayer, and fellowship. The team teaches in such a way as to continually offer a dialogue with the students. The evening program starts on Sunday and ends on Thursday.

Each session runs from 7:00pm until 9:10pm with a 15 minute break in the middle. We ask the parish to supply refreshments on Sunday, Monday, and Wednesday evenings. On Tuesday evening the youth have the opportunity to experience Adoration. During that time they also have the opportunity to receive the Sacrament of Reconciliation; therefore, a priest (or priests) is needed from 8:00pm to 9:00pm.

At the end of the week (on Thursday evening) the team will be spending time in fellowship with the evening program. Ideas for activities may include a barbecue, going out for pizza, bowling, etc. This is a great time for the missionaries to get to know the teens, and teens are responsible for the cost of the outing (usually no more than \$5).







Each of the Totus Tuus teams consist of two men and two women. The missionaries are chosen based upon their commitment to the Catholic faith, desire to teach the faith, love of children, energy and enthusiasm, and for their leadership abilities. In order to run a week of Totus Tuus smoothly, the missionaries adhere to a well-defined schedule which has as its foundation and backbone a structured prayer life.

The team arrives the Saturday evening prior to the first week of Totus Tuus. Members of the team will be available to speak at the parish Masses that weekend. This is an excellent opportunity to publicize the coming week with a brief presentation about Totus Tuus. Often this presentation will help bring in more youth to participate in the week's program. Please inform the team leader if they will be speaking.

The team should meet with the parish contact and pastor (if available) for a formal meeting and touring of the facilities on Saturday evening. The team will set up the facilities on Sunday afternoon. Due to the early morning and late night scheduling of events, parishes have found it more convenient to provide the team with a copy of the facility keys. Please make arrangements with the team leader concerning who will have facility keys for the week.

Because the missionaries are “out on the road,” we ask that the parishes provide host families to provide sleeping arrangements, a morning continental breakfast and possibly snacks to refuel. The team needs two host homes: one for the men and one for the women. Men and women are to be housed separately. It is easier for the team and the parish if the host homes are close to the parish and to each other, but the team will be grateful for any housing. The interaction at host homes is very valuable for both the teachers and the families.

Housing of team members occurs from their arrival Saturday afternoon/evening until their departure the following Friday evening or Saturday morning. Each team will provide their own transportation to and from the parish. It is important to give the team a detailed description and address for the homes that will be hosting the team as well as those who will be providing the evening meals.

We ask the host families to treat our missionaries as though they were part of the family. It is important to stress that occasionally the missionaries may be late getting home due to team meetings and may not be present in the afternoons due to planning and setup. In turn, we train the team to respect the host family and be as helpful as possible during their stay.





# HOSTING MEALS

14

Plan to provide all of the team's meals while the team is in your parish, with the exception of Thursday and Friday supper. Sunday after Mass and/or lunch with a host family is "team time:" a necessary time of rest and recreation for the team. Considering the schedule for the week and the entire summer is so demanding and to observe Sunday as a day of rest, the team will have down time on Sunday afternoons for rest, recreation, fellowship, and to prepare for the coming week.



- The host families should provide breakfast at 7:30am. Please inform the host family that cereal, fruit, or toast is sufficient.
- Lunch should be provided by a parish family or the parish at 12:00pm. Volunteers assisting in the kitchen can prepare lunch or the team can fix sandwiches from food brought in. Buffet style works best, and the parish may want to provide extra food for the helpers, priest, etc.
- The evening meal is provided at 5:00pm. As the team is on a tight schedule, please do not schedule supper any earlier than 5:00pm or later than 5:15pm. Please arrange families in the parish who would like to invite the team to supper. This allows for more families to be involved in hosting the team and provides an excellent opportunity for the team to interact with families of the parish. A family may prepare and serve the meal, have food brought in, or take the team out to eat. **The team should not be bringing any purchased food back to their host families that they purchase on their own unless there is enough for the whole family.** The team will leave the family's home no later than 6:30pm. These meals should be scheduled for Sunday, Monday, and Tuesday evenings. Wednesday is the parish potluck, and Thursday is the evening out with the junior/senior high. Friday evening the team usually is on their own. The meals on Saturday and Sunday lunch can be with the host home families.

Totus Tuus is a full parish program, not just a week-long summer program for the youth. Stewardship is the key and underlying theme of the Totus Tuus program. There are many ways for adults and families to be involved, some of which are listed below. Parish coordinators should not feel as if all of the work and the ultimate success or failure of the program is seated upon their shoulders. They should actively seek out individuals and families to assist. This is part of what it means to be a parish family. Coordinators should also note that parents who are asked to invest in the success of the program through their donation of time, talent, and/or treasure are more likely to have their kids participate in the program.

## **Parish Program Coordinator**

The responsibilities of the parish coordinator for the program are as follows:

- Reserve facilities:
  - Classrooms and gathering space for the week and help the team set-up if possible.
  - Fields or other play area for recess and the Friday afternoon fun time.
  - Large room for the parish potluck.
- Arrange for Friday afternoon fun time supplies.
- Recruit volunteers to help during the day program.
- Confirm that volunteers over the age of 18 have VIRTUS training and background checks. VIRTUS certification can be done online.
- Arrange how snacks will be provided for the day and evening programs.
- Find host families for the men and women.
- Arrange families to provide meals for the team during the week.
- Schedule a priest for daily Mass and Confessions.
- Schedule a priest for Adoration and Confessions Tuesday night.
- Organize and promote the potluck, as well as set-up and clean-up.
- Have needed materials gathered for the team upon arrival.
- Meet with the team upon arrival.
- Remit remaining balance to the Diocesan Office of Youth Ministry and Faith Formation.

One week prior to arrival, the team leader will contact the parish coordinator to make all necessary arrangements. The team will arrive on the Saturday before the scheduled week, unless prior arrangements have been made.



Below is the cost to a parish for hosting a team and the maximum number of youth the team will handle. This cost includes the mileage fee. The amount the parish charges the participating youth is entirely up to the parish itself. We recommend around \$15-\$25.

Number of Teams:	Max. Youth Served:	Cost:
1 team (4 people)	*90 youth	\$1,500

\*Number of youth served also depends on the 1:6 ratio of adults to students. For every 6 students there should be at least one adult, which means the parish is responsible for enough adult helpers to make this happen.

## Payment Schedule

1. **Deposit:** Each parish must pay a deposit fee of \$500.00 to the Pastoral Center in Winona by Nov. 15 to reserve a date and the team. A letter of confirmation will be sent to each parish detailing the scheduling information.

*\*If your parish needs to cancel their Totus Tuus session, you will need to cancel **before May 1st** to receive a full refund of deposit.*

2. **Balance.** Parishes are asked to remit the balance to the Office of Youth Ministry and Faith Formation **before** June 1. The parish will incur a late fee of \$100 if final payment is not received by June 1.

### Mail payments to:

Diocese of Winona-Rochester/ Attn: Rosalie Beyer  
Office of Youth and Young Adults- Totus Tuus  
55 West Sanborn  
P.O. Box 588  
Winona, MN 55987  
(checks payable to: Diocese of Winona-Rochester)

The Monday before the team arrives, the team leader will be calling the parish coordinator listed on the parish registration form. Please be available between noon and 1:00pm by phone.

**NOTE:** We are willing to discuss ways to make Totus Tuus more affordable for your parish. If the cost of the program is the only deterrent to your parish scheduling Totus Tuus or if there are payment scheduling problems, please contact the Youth Coordinator, Diocese of Winona-Rochester.

Please contact [faithformation@dowr.org](mailto:faithformation@dowr.org) with any questions.