



TOTUS TUUS

Are you called?



Diocese of Winona-Rochester

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TOTUS TUUS - “Totally Yours”

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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. This year, we are focusing on The Apostle's Creed and the Glorious Mysteries:

- 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.

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

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1. Proclamation of the Gospel - to spark 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 arouse 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.

DAILY SCHEDULE

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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.

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, 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/High School Program

7:00pm - Introduction

7:15pm - Session # 1

8:00pm - Break

8:15pm - Session # 2

9:00pm - Night Prayer

9:10pm - Dismissal



Our schedule is quite rigorous and demands all the energy a person can muster. This is deliberate so as to provide an intense giving of oneself in service to Jesus Christ and the spreading of his gospel. It is when we are weak that we are strong, for the Lord's grace makes up for all that is lacking in us. In other words, it is meant to challenge and stretch our teachers so as to form them in selfless generosity, so that they might truly say as did our Holy Father John Paul II, in imitation of Mary's "yes" at the Annunciation, "TOTUS TUUS!"

PARISH ACTIVITIES

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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 around 5:15 p.m. and wrap up around 6:45 p.m. so as 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 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 lead 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 2:20 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, 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.





Each of the Totus Tuus teams will 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 teams arrive for training one week prior to the first week of Totus Tuus. Some training materials may be emailed or mailed to the missionaries prior to training. During this week, the teams will learn and grow together on how to lead and catechize young people, living with host families, and living and growing together on a team. Each day includes Mass, Eucharistic Adoration, and daily prayer.

Because Totus Tuus missionaries are “out on the road,” host families in each parish provide sleeping arrangements, a morning continental breakfast and possibly snacks to refuel. The team has two host homes at each parish: one for the men and one for the women. Men and women are housed separately.

We ask the host families to treat the missionaries as though they were part of the family. In turn, we ask missionaries to respect the host families needs and wishes and to be as helpful as possible. Host families can have a huge impact on missionaries as they are immersed in family life of the parish.



The applicant must be:

- A high school graduate
- A practicing Catholic
- Confirmed

The applicant should have:

- A working knowledge of the Catholic Faith
- A desire to work with youth

The applicant should desire to:

- Learn and experience the faith
- Work with a team
- Respect team dynamics
- Strive for a stronger prayer life
- Evangelize children and teens
- Travel
- Stay with host families
- Spend oneself in rigorous schedule

TOTUS TUUS “COVENANT”

I promise that I will serve the Lord this summer by being a member of the TOTUS TUUS summer catechetical program, and I will fulfill this covenant by adhering to the following conditions:

1. Being present at training beginning May 30 - June 8, 2023
2. Teaching commitment June 9 - August 2, 2023
3. Commitment to daily prayer (Divine Office) and active discernment of one's vocation
4. Team activities (end of summer retreat)
5. Parish Activities (parish presentations of program)
6. Signing and adhering to the Diocesan Policy on Safe Environment
7. Read, study, and prepare the information provided in the teacher's packet.

Salary and Meals:

Each team member will receive \$385 per teaching week (\$2,700 total with seven teaching weeks and taxes will be taken out). There are no expenses for the summer. The team members who drive their own cars will be reimbursed (with the current IRS rate) for each mile driven. Please bring your checkbook or a copy of your deposit slip so we can deposit the payment electronically into your account.

All meals will be provided when the team is in the parish either by host families of the parish itself. Team members may want to purchase additional food or snacks throughout the week of Totus Tuus or on their days off. Please do not bring purchased food back to your host homes if there is not enough for the whole family.

Are you called?

Please prayerfully consider joining the Totus Tuus family as a missionary this coming summer. The prayer below was written by Pope St. John Paul II to Mary Immaculate:

Totally yours,
Immaculate Conception, Mary my Mother,
Live in me, Act in me,
Speak in me and through me,
Think your thoughts in my mind,
Love through my heart,
Give me your dispositions and feelings,
Teach, lead me and guide me to Jesus,
Correct, enlighten and expand my thoughts and behavior,
Possess my soul,
Take over my entire personality and life, replace it with Yourself,
Incline me to constant adoration,
Pray in me and through me,
Let me live in you and keep me in this union always.

Applications for Totus Tuus and more information may be found online at <https://forms.gle/6JHNoUNUBUTohS9D9> or on our website at www.dowr.org/tt. You can also inquire about applying to the Director or Youth Ministry and Faith Formation at faithformation@dowr.org. Applications for new and returning Totus Tuus missionaries are due by March 1 and will be followed up by an interview either in person or via Zoom.

We hope that you apply to become a Totus Tuus missionary with the Diocese of Winona-Rochester this summer! The Lord will equip you with every grace you need for this journey, and with the help of the Blessed Mother, you will grow exponentially in prayer, leadership, your relationship with God and your relationship with others. May God bless you!