

# Lifts

Life in the Spirit  
Team Manual  
for Teens



CATHOLIC

*Call All To Heal Our Lives In Christ*

Dear Youth Minister,

Thank you for inquiring about the LitS Program. Following is an overview of the retreat. The retreat consists of seven talks. Each chapter includes a teaching, a story, an icebreaker and ends with small group sharing. The titles are: God's Love, Salvation, New Life, Receiving God's Gift, Baptism of the Holy Spirit, Growth and Transformation. It is apparent that there is a tremendous need for young people to become evangelized. We believe that through peer ministry the team can give back to their generation something that no one else can give. You will also find specification about the team and a brief overview of the talks, to end with a letter from Bishop Thomas J. Flanagan, D.D. Auxiliary Bishop Emeritus and Fr George T. Montague, S.M., S.T.D.

If you would like additional information please email me at or call 210-226-7070 (office) or 210-363-3097 (cell) or [youth\\_staying\\_connected@yahoo.com](mailto:youth_staying_connected@yahoo.com)

In Christ,

Delfie Garcia

Youth Coordinator

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# ORIGIN

In 1980, when we discovered the awesome power of healing through the gift of the Holy Spirit, we were introduced to the Charismatic Renewal. With it, came an end to the search for *something more* in the Catholic Church. Soon afterwards, we attend our first prayer meeting and were ushered into our first Life in the Spirit Seminar. With the hunger for more of Jesus, came the awareness that our children were missing out. Because they experience Mom's physical healing and miracle, they also wanted more. They were sharing with their friends about the change in our lives and their friends also became curious. The birthing of Mountains of Praise Youth Prayer Group, was only a matter of time. On any given Friday night, it was not uncommon to see forty to fifty teenagers come together searching for God. We did not know what to do with them. The adults were bothered by their energy, lack of attentiveness and lack of knowledge of God.

The same thing was happening at St. Vincent de Paul Prayer Group and in 1984, met with their youth leader and formed the first Life in the Spirit youth team. We trained the young people to do the talks, lead the small groups and pray-over people. The thing that makes this retreat different is the fact that youth-minister-to-youth. Young people have been put-down and abused by the previous generation causing them to isolate themselves and trust primarily each other. So when youth-speak-to-youth, teens listen. By 1985 lots of parishes began requesting the LitS Retreat and the team goes *on the road*. 1985 was a significant year for the office of youth ministry because Monsignor Thomas Flanagan becomes the Liaison for the Catholic Center for Charismatic Renewal, who in 1998 becomes Bishop and joins the team.

In 1986, while in prayer and questioning God about the lost generation, my husband received "Word of Knowledge" as to the true meaning of the word CATHOLIC. Beginning to write...the words that appeared on the paper, was the acronym for Catholic.



**Call all to heal our lives in Christ.** The Lord wants his children healed. Youth encountered the forgiveness and love of God, and experienced the presence of the Holy Spirit. The restoration of the 'young' Catholic church had begun. In 1999 Bishop Thomas Flanagan and Bishop Patrick Zurick recommend the LitS Retreat to the entire Archdioceses of San Antonio. After the retreats, youth were going home, praying in tongues and confessing to their parents the sins of their contrite hearts. Parents were confused and concerned. The solution came through an invitation for parents and sponsors to also partake in the youth retreat. Transformation happens to the entire families. The retreat is designed to be given in ONE day (9 hours). Since lots of teens are involved in after school programs or work on weekends, it was difficult to get them to commit for seven weeks or even a weekend. The one day retreat works very well. Since our pioneer days, the LitS Retreat has become a basic tool to prepare youth for the Sacrament of Confirmation. From the year 2002 through 2006, over 10,000 youth, parents and sponsors have been baptized in the power of the Holy Spirit. Youth teams have been formed from San Antonio to New Braunfels to Austin to Ft. Worth, TX.

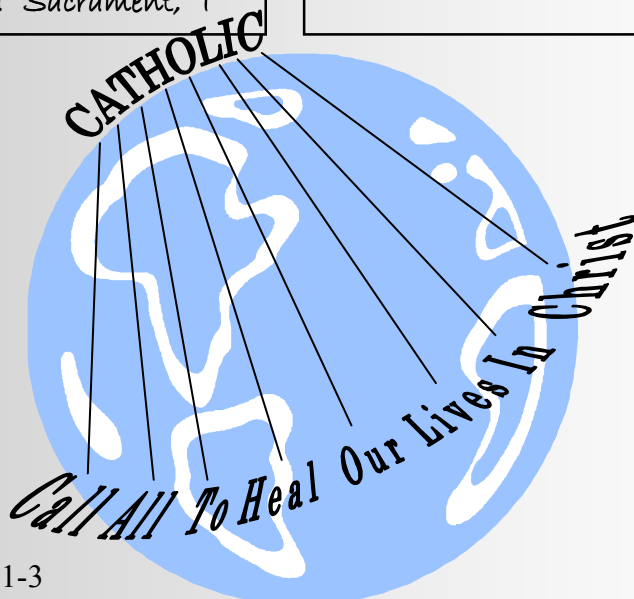
# What is LitS?

Life in the Spirit Seminar (LITS) is a retreat used by God to bring teens to a personal relationship with Jesus Christ through the power of the Holy Spirit, based on the nine gifts of the Holy Spirit found in 1Cor. 12:8-10. It consists of talks, skits, small group discussions and laying on of hands for the baptism of the Holy Spirit.

**ROOTS:** At Duquesne University in Pittsburgh, PA, a group of students met regularly with several professors to study scripture and to pray. After two years the group agreed to make a retreat weekend together. This was in February 1967. At the beginning of the retreat the students were asked if they were ready for what God could do in their lives. Patty Gallagher Mansfield, one of the students says that "Jesus was asking us to let him reign, not simply to acknowledge him as an important person, but to allow him into the very center of our lives". She recounts, "On Saturday evening during a birthday party at the retreat, I wandered up into the chapel to see if my friends were there, I didn't plan on praying. I was simply going to call my friends down to the party. But as I entered and knelt in the presence of the Lord in the Blessed Sacrament, I

trembled with the awareness that it was God himself, in all his holiness, before whom I had come. I said a prayer of total surrender. The only word that came to my mind was "stay" and yet I knew that what I experienced was meant to be shared. Without fully understanding, I was convinced that God intended for all his people to know his love and presence in a deep, personal way. Before the end of the party, all the students were drawn into the chapel. We didn't fully understand that what was happening among us was a release of the power of God's Spirit and that we would become known as the first Catholic Charismatic prayer group. In the weeks and months following that retreat weekend, God's Spirit was lavished in their lives. The gifts of the Spirit described in 1Cor. 12 were poured out upon them: some praised God in tongues; some were healed; Scripture came alive in power; the courage to witness to Jesus Christ grew among them.<sup>1</sup>

This was the foundation for the retreat now known as the Life in the Spirit Seminar. The same retreat that in 1984 was restructured into a retreat for teens that uses peer ministry. Youth to youth ministry is our focus through skits, dramas, talks, testimonies and lively music.



<sup>1</sup> A Portion of My Spirit by Rev.



# GOD'S LOVE

## Seminar One

# GOD'S LOVE

John. 3:16

"For God so loved the world that he gave his only son that who ever believes in him should not perish but have eternal life."

### GOAL

Reach out to the teenagers

Share about God's love, hope & promises

God is offering them a personal relationship

### PREVIEW



In the first seminar we reach out to the youth. It is a talk of hope and promises.

We share about God's unconditional love, the love that makes Him reach out to them and offer them a personal relationship. He also offers a New Life in the Holy Spirit. The first talk is not meant to be a

time for much instructions. The presentation is short, encouraging, faith-filled and fun. It is a time of personal sharing (your testimony). Try to share in a way that people will want to be there and turn to the Lord. Encourage teens to relax and make the best of the day.



# SALVATION

## Seminar Two

# SALVATION

Colossians 1:13

"He delivered us from the dominion of darkness and transferred us to the kingdom of his beloved son."

### GOAL

Help teenagers realize the importance of being a Christian

Help understand the basic Christian message (what Jesus has done and will do for them)

Explain the need to make a serious decision

### PREVIEW



In the second seminar we present the message of the good news about Jesus Christ. The teens are presented the reality of two kingdoms and two ways of life. The bible story of the two roads is a perfect example. One road is straight and narrow and leads to heaven while wide is the gate

and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only few find it. (Mt. 7:13-14) This is the time to examine which road you are on and decide to make a 180 degree turn and get on the road that leads to heaven.



# NEW LIFE

## Seminar Three

# NEW LIFE

John 10:10

"I came so that you might have life and have it in abundance"

### GOAL

To witness the Good News

A new life is available through the Holy Spirit

A relationship with Jesus is necessary

### PREVIEW



In this talk we explain to the teens what it means to be baptized in the Holy Spirit.

The heart of this talk is a personal testimony. Your story can make a powerful change in the teen's attitudes. When they hear a testimony about what happened to someone when they were baptized in the Spirit, they really

begin to understand what the baptism of the Spirit is. Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall. All the king's horses and all the king's men could not put Humpty Dumpty together again.

*We are all Humpty Dumptys, that God has put together again.*



# RECEIVING GOD'S GIFT

## Seminar Four

# RECEIVING GOD'S GIFT

John 7:37-38

"If anyone thirst, let him come to me, and let him who believes in me drink. As scripture has said, 'out of his heart shall flow rivers of living water.'"

### GOAL

To help teens turn away from anything that does not glorify God

To prepare youth to invite the

Holy Spirit into their lives

### PREVIEW



The fourth seminar is the final preparation. The message has been spoken. God's promise has been presented. Now is the time to take the steps to prepare. This is the "How to do it" talk. We should not insist on miracle-working faith, nor urge them to seek deep

spiritual revelations. All we have to do is help them be baptized in the Holy Spirit. The Holy Spirit will lead them and work in their lives once they have a relationship with Jesus



# Baptism of The Holy Spirit

## Seminar Five

### Baptism of The Holy Spirit

Acts 19:7

"And when Paul had laid his hands upon them, The Holy Spirit came on them; and they spoke with tongues and prophesied."

#### GOAL

To help make a commitment to Christ through our baptismal vows

To surrender to the nine gifts of the Holy Spirit (1Cor. 12:6)

To help experience new life in Christ

To provide a time for renewal and rededication

To bring young people to a turning point



The fifth talk is the turning point of the retreat. It is the time when many of the teenagers begin their new life in Christ. For others, it is a time of renewal and rededication. Even though the experience for the pray over

is powerful, our attitude should not be, "This is it...we've reached the top of the mountain", but... Now, let's get going". Today's experience is important but more important is the commitment to follow Christ.



# Growth

## Seminar Six

### Growth

John 15:5

"I am the vine, you are the branches. He who abides in me and I in Him, He it is that bears much fruit, for apart from me you can do nothing."

#### GOAL

To help teens make a commitment to take the steps needed to grow spiritually:

Service

Pray Daily

Study the bible

Join a community

Receive the sacraments

#### PREVIEW



This talk is a lesson for solid growth. The youth have begun something new. They must be taught practical ways in which to make their experience

into some thing solid and lasting. This talk should be practical and instructional, and teaching youth how to take definite steps.



# Transformation

## Seminar Seven

### Transformation

Phil 3:12

"Not that I am already perfect; but I press on to make it my own, because Christ Jesus has made me his own."

#### GOAL

Help teens avoid discouragement over problems  
Have them become part of a charismatic community

or

youth prayer group

If none is available, encourage them to start one



The final talk is a combination of two things: more instruction on how to grow in living with the Holy Spirit, and direction on how to make a connection in order to grow spiritually. This last seminar can be a time of great

#### PREVIEW

warmth and love. It can be a time of working through problems. It should be a time of commitment, encouragement and a time to recruit others to join the team.





**Most Rev. Thomas J. Flanagan**  
Auxiliary Bishop  
**Archdiocese of San Antonio**

July 17, 2006

To Whom It May Concern:

On the feast of Our Lady of Mount Carmel, the Church prays as follows: "Father, may the prayers of the Virgin Mother protect us and help us to reach Christ her Son." Mary was with the disciples in the Upper Room on the first Pentecost and Mary Our Mother is praying for all her sons and daughters today and always, **through her powerful intercession.**

It is in the Spirit of Pentecost that I thank Rudy and Delfie Garcia and the youth of the Catholic Center for Charismatic Renewal for the new Manual for Life in the Spirit Seminars. The new Manual will be a great resource for the teams that will conduct the seminars in the Archdiocese of San Antonio.

It has my endorsement and I recommend it without reservation. I have seen the power of the Spirit in the lives of those who come to an awareness of the truth of God's Word and the great power of the sacramental life of the Church, especially through the sacraments of Reconciliation and the Holy Eucharist. You will find the LITS Manual a helpful resource for your Pastoral Care Ministry in your own parish community. May the Lord bless your ministry.

Yours in the Lord,

A handwritten signature in blue ink that reads "Thomas J. Flanagan". The signature is written in a cursive style with a large initial 'T' and a long, sweeping underline.

✠Most Reverend Thomas J. Flanagan, D.D.  
Auxiliary Bishop Emeritus  
Archdiocese of San Antonio

TJF:mv

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June 21, 2006

TO WHOM IT MAY CONCERN:

I am happy to have been associated with the ministry of Delfie and Rudy Garcia for many years. After her miraculous healing from Multiple Sclerosis, Delfie dedicated her life to serving the Lord and has done so primarily by her dedication to youth in the Charismatic Renewal in the Archdiocese of San Antonio and elsewhere upon request.

From her years of experience in co-ordinating Life in the Spirit Seminars for youth, especially in preparing them for Confirmation, she has compiled the *LITS: Team Manual for the Life in the Spirit Seminar* for youth. These seminars (hundreds of them) have been highly blessed in inspiring youths to experience the Holy Spirit they received in Baptism and will receive again in Confirmation. I have examined the book and it has my endorsement.

After your have used this manual in giving a Life in the Spirit Seminar, I strongly recommend you implement the suggestions at the end of the manual for follow-up to the Seminar.

May this manual help many others to catch the fire of Pentecost.

Sincerely in the Lord Jesus Christ,



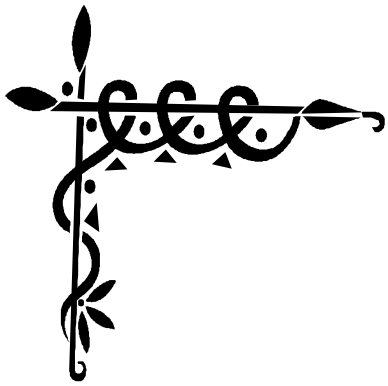
Rev. George T. Montague, S.M., S.T.D.

**Workshops:**  
**How to Form a LitS Youth Team**

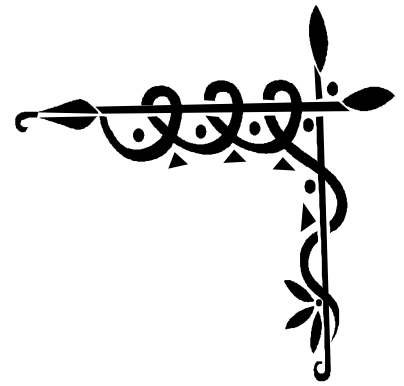
In the last couple of years, it has become apparent that there is a tremendous need for young people to become evangelized. It is also apparent that teens have been lied to and hurt causing them to isolate themselves, trusting only their peers. PEER MINISTRY is what makes this retreat unique. Young people trust each other, thus it is important to teach the youth teams the importance of who they are as the young church and that they have something to give to their generation that no one else can give.

A workshop is available if you are interested in forming a team of young people either in a prayer group, parish, or archdioceses.

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# Biography



Rudy and Delfie Garcia Sr. are natives of San Antonio, TX. They have been married since 1967. In 1976 Delfie was diagnosed with Multiple Sclerosis which totally disabled her. Five years later, through the ministry of Fr. Rick Thomas she was miraculously healed.

In 1981 they began the first charismatic youth prayer group under the auspices of the Catholic Center for Charismatic Renewal as an extension of Mountains of Praise Prayer Group.

In 1984, through the inspiration of the Holy Spirit, they revised the Life in the Spirit Seminar Manual into a tool for teens. This LitS Teen Manual is accompanied by a LitS Skit Manual. Rudy and Delfie are members of the Archdiocese of San Antonio Service Committee and recently been asked to be a part of the National Youth Ministry Committee. They have been speakers at conferences, rallies, parish missions and retreats but, their passion lies in training youth to do the work of the Lord.

Their children, still in the ministry, have since married two wonderful people, and have gone on to start families of their own, giving Rudy and Delfie four beautiful grandbabies.

