**Workshop Overview: Emmanuel School of Mission**

**Event:** One-day workshop at a Catholic high school in Budapest, Hungary  
**Participants:** 30 high school students (aged 16-18)  
**Team:** 10 Rejoice students (aged 18-30) and 3 team members

**Goal:** To help high school students encounter the Lord, especially during adoration, and to feel known, seen, and loved.

**Schedule and Activities**

**07:45 - Arrival and Holy Mass**

* **08:00 - Holy Mass**
* **08:45 - Praise and Worship**

**09:15 - Preparation**

* Set up the hall to welcome students.

**10:00 - Introduction (5 mins)**

* Brief introduction of Rejoice team members (name and country).
* Explanation of the day’s purpose.

**10:05 - Ice Breakers (45 mins)**

* Games and activities to get to know each other and build comfort.

*10:45-11:00 break between classes*

**11:00 - Testimony by Luca (7 mins)**

* Luca shares her journey and decision to join Rejoice.
* Emphasis on being known (Psalm 139), the goodness of being here, and her desire to continue this path in community and build her life with God.

**11:07 - Dance Performance and Teaching (25-30 mins)**

* Rejoice performs a dance.
* Students learn and participate in the dance.

**11:30 - Short Input (15 mins)**

* Suggested Topic: **“Accepting Ourselves as God Sees Us”**
  + Discuss the importance of self-acceptance and blooming like a rose.
  + Emphasize that true joy comes from being loved by God.

*11:45-12:05 break between classes*

**12:05 - Group Discussions (30 mins)**

* Form 5 groups with 2 Rejoice students each.
* Suggested Questions:
  1. **Icebreaker Question:** What is one thing you are grateful for today?
  2. **Personal Reflection:** Can you share a moment when you felt truly happy or content? What made that moment special?
  3. **Exploring Relationships:** Who is someone in your life that makes you feel known and valued? How do they do that?
  4. **Self-Acceptance:** What is one thing you like about yourself? How do you think God sees that quality in you?
  5. **Deep Reflection:** How do you feel when you think about being known and loved by God? Can you share a time when you felt God’s presence in your life?

**12:35 - Group Summaries (10 mins)**

* Each group shares a summary of their discussion.
* Suggested Moderator Question: “Can you share one key insight or takeaway from your group’s discussion?”

**12:45 - Song Performance (5 mins)**

* Brief introduction to the song’s message.
* Carla sings “I See the Light” from Disney’s Tangled.

**12:50 - Dance Performance (4 mins)**

* Rejoice performs the dance with the high school students to conclude the morning session.

*12:50-13:10 break between classes*

**13:10 - Lunch Break (1/2 hour)**

**13:40 - Second Input (10-15 mins) In the Chapell**

* Suggested Topic: **“Preparing for Eucharistic Adoration”**
  + Focus on having a heart-to-heart with God.
  + Conclude with a question for reflection during adoration.

*13:55 – 14:15 break between classes*

**14:10 - Eucharistic Adoration (20 mins)**

* 15 mins of silent adoration.
* Fr. Rohan walks with the monstrance for personal encounters.

**14:30 - Cake and Juice Social (30 mins)**

* Informal interaction and sharing.

**14:50 - Final Dance Performance (5 mins)**

* Rejoice performs the dance one last time with the students.
* Option to film for social media with school permission.

**15:00 - Conclusion**

* End of the workshop.

**Key Points to Communicate**

* **Purpose:** Helping students encounter the Lord, in this encounter they experience being known and loved by Him.
* **Activities:** Mass, praise, ice breakers, testimony, dance, inputs, group discussions, adoration, and social time.
* **Goals:** Building trust, fostering openness, and facilitating a personal encounter with God.