

# YOUTH NEWS

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## Overcoming the Hookup Culture

by CAITLIN SICA

"People are scheduling hookups now," one teen exclaimed, "Literally, using Tinder to find someone to hook up with and then seeing when it will fit into each other's agendas. That just seems so awful and awkward. I don't get it."

"It seems like sex before marriage is becoming more and more widely accepted, people seem to think our religious beliefs are 'old-fashioned.' Does waiting for marriage still make sense? What's the thinking behind that, besides 'the Bible says so?'" another teen asked.

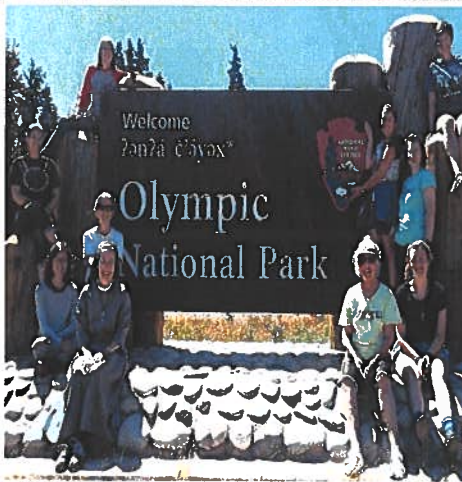
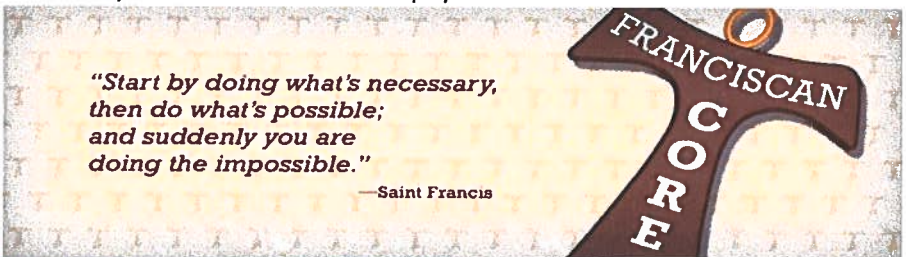
Both of these comments shed light on the culture we currently find ourselves immersed in. The first exemplifies the shallowness of the hookup culture. The second teen's question is honest and begs to be answered. In fact, in order to overcome this cycle, I think it's so important to understand why we should wait for marriage to have sex. The answer is much more robust than "because the Bible says so." The Church wants you to wait for marriage, not because it enjoys giving you mindless rules in order to deprive you of happiness. Simply because the Church teaches something does not make it true. Rather, something is established to be true and that in turn informs the Church's teaching. We need to reject the notion that the Church's teaching is not out of love for you. The Church loves you and offers you what your dignity deserves — truth. The teachings of the Church are not always easy to accept or embrace, often they are countercultural, but they are offered with a deep knowledge and love of an individual's heart.

### Four Habits to Cultivate to Overcome the Hookup Culture

**1. Temperance** — Practice temperance in all things. Sometimes when I want to do something that I know is bad for me in the long run (watching hours of Netflix, skipping the gym, eating too much sugar, etc.) I think to myself, if I can't make the right decision here, how am I ever going to make the right decision when I'm faced with something more challenging. Let me tell you — saying yes to authentic love, which means not giving into lust, is HARD. Our brain wants to justify it, "but I love this person, etc. etc. etc." But deep down, we know what's right. If that person really loves you, they'll help

## Planning for this Summer and Beyond!

If you have been looking on our Parish Facebook page you will see that there are some awesome opportunities that are being put out there for our High School Students. The third annual Franciscan CORE summer youth theology institute is **scheduled for June 16-21, 2019 at Viterbo University**. This is a wonderful experience that allows the student to both consider their faith as active service to the church and world AND engage in direct service. Every day, the participants are lead in no less than three hours of active community service. They also have intentional time for prayer and reflection.



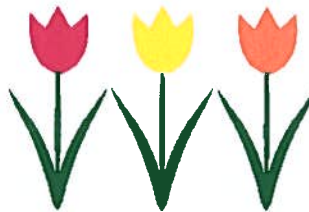
The next opportunity is the New England Vocation Pilgrimage **June 9-26, 2019**. Join the Sisters for an 18-day pilgrimage to four different religious communities, various shrines, National Parks, and maybe a beach or two along the way! Registration is open for the Mater Redemptoris House of Formation summer vocation pilgrimage! The capacity is for 10 young women ages 16-28. Please contact Sister Mary David at 608-788-4530 or by email at [materredemptoris@gmail.com](mailto:materredemptoris@gmail.com) if you are interested.

April

## WHAT'S COMING UP:

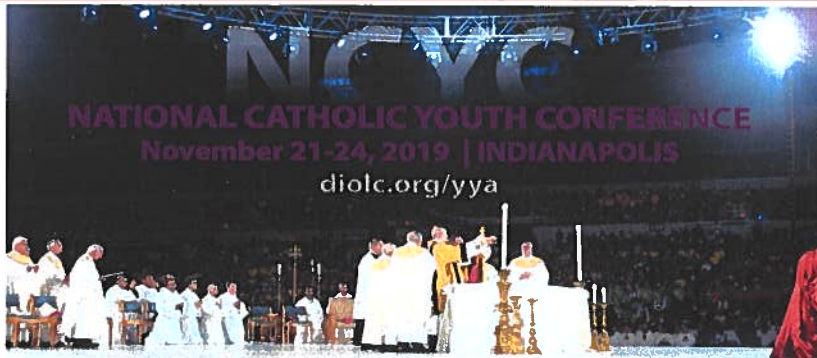
May

- 9<sup>th</sup> ~ Stations of the Cross after 5:30pm Mass
- 10<sup>th</sup> ~ RE Classes
- 16<sup>th</sup> ~ Chrism Mass in La Crosse 10:30am
- 17<sup>th</sup> ~ RE Classes
- 18<sup>th</sup> ~ Holy Thursday 7pm
- 19<sup>th</sup> ~ Good Friday 1:30pm
- 20<sup>th</sup> ~ Easter Vigil 8:30pm
- 21<sup>st</sup> ~ EASTER 8am & 10am
- 24<sup>th</sup> ~ RE Classes
- 27<sup>th</sup> ~ 1<sup>st</sup> Communion Retreat 4pm
- 28<sup>th</sup> ~ Divine Mercy Sunday
- 30<sup>th</sup> ~ Holy Happy Hour @ State Street Tap



- 1<sup>st</sup> ~ RE Classes
- 4<sup>th</sup> ~ Sam's Diaconate in La Crosse 10:00am
- 5<sup>th</sup> ~ 1<sup>st</sup> Communion 10am
- 8<sup>th</sup> ~ LAST NIGHT OF RE Classes
- 12<sup>th</sup> ~ YOUTH NIGHT 6pm
- 15<sup>th</sup> ~ Last Night of Confirmation II Classes
- 19<sup>th</sup> ~ Student Athlete Mass 10am TRACK AND FIELD
- 21<sup>st</sup> ~ Confirmation in Necedah @ 6pm.

(continued from front) you be temperate too. In the meantime, practice saying "yes" to things that orient you towards your final goal: heaven. Sometimes this means saying yes to helping a family member, yes to working out even when you don't feel like it (in fact I think there's so many correlations between the habits we need to maintain physical health and spiritual health), saying 'no' to gossip, etc. We cannot expect to suddenly have the virtue of temperance in very tempting situations if we are not working towards achieving this virtue in all areas of our life. **2. Authentic Friendships** — "There is nothing on this earth more to be prized than true friendship." I think we've lost the art of having friendships. Like REAL friendships. Not people you have a Snapstreak with. Not people you text but never see. Real friendships — where you invest in their life, and they in yours; friends who call you higher; friends who are there for you in the good and the bad without strings attached. Friends with benefits? That's not a friendship and things never turn out well, contrary to the Romcoms that make you think otherwise. Do you see other people as brothers/sisters in Christ, or do you look at people and wonder if you could have a 'thing' with them? **3. True Happiness** — Countless studies have been done to reveal that teens who are sexually active are more prone to depression. Why is this? Well, we were not created to be in multiple sexual relationships—biologically speaking and psychologically speaking. I believe people "hook-up" seeking some sort of fulfillment, something that will increase their happiness. But the result is often a feeling of emptiness. Modern culture may make us assume that morality is a burden, but in reality, morality is the good life. We are happiest when we are living a moral life. Of course, it doesn't mean that every moment is happy, or that there aren't times when living as God intends feels really difficult. What it does mean, is that in the long run, this is where you will know your true self, and this path will bring you a peace and joy that the world could never offer. Don't live for a fleeting moment of happiness, live for eternal happiness. PS — If you find yourself constantly trying to fill a feeling of emptiness, pray with that and bring it to a trusted friend. It is often an indication that there is some deeper need that is not being met (be it physical, psychological, emotional, spiritual, etc.) As St. Augustine said "our hearts are restless until they rest in You, O Lord." **4. Chastity** — Life without sex is not a life without love; chastity is not a consolation prize. As St. John Paul II said "only the chaste man and the chaste woman are capable of real love." Chastity is about willing the good of the other, it's about wanting to help the person you love get to heaven, it's about saying 'yes' to your future spouse. If you haven't always lived a chaste life, it's never too late to start. Some of the greatest saints struggled with the vice of lust. Take hope that in time, they too overcame it! Write a letter to your future spouse promising them that you are striving to achieve this virtue out of love for them and God.



The National Catholic Youth Conference (NCYC) is a gathering of 25,000+ youth!! Please see what our Bishop Callahan had to say: "An opportunity such as this for our young people to experience is truly an opportunity to change their lives for the good in their walk of faith! Organized and planned by the The National Federation of Catholic Youth Ministry in a distinctly Catholic setting, the National Catholic Youth Conference invites participants to encounter Christ, experience church, and be empowered for discipleship. The schedule includes general and concurrent sessions addressing a wide variety of topics including forgiveness, Catholic spirituality and prayer, global issues, moral issues, and leadership. There are also opportunities for liturgy and special activities such as concerts, exhibits, and a thematic activity village." Currently we have 10 young people from our Parish committed to going. If you want more information or to sign up please contact Mrs. Thayer, we would LOVE to have you on this Pilgrimage! **NCYC will take place November 21st through the 24th, 2019 in Indianapolis, IN.**



**SAVE THE DATE!** Vacation Bible School August 5<sup>th</sup> through the 9<sup>th</sup>, 8:30am-Noon. This year's theme is: Set Sail with the Holy Trinity and Saint Patrick. We are always looking for Counselors and Teachers, so if you are interested please contact Mrs. Thayer. Vacation Bible School is open to children entering PreK through 5<sup>th</sup> grade. 6<sup>th</sup> grade through 8<sup>th</sup> are Junior Counselors and 9<sup>th</sup> through 12<sup>th</sup> are Counselors. Cost is \$15 / child