

## Dear Confirmation Families,

During the season of Lent, Middle School Confirmation students are asked to identify and meet with a faith mentor.

As part of confirmation we strive to help students develop faithful relationships with others, not only among students, but also with caring and affirming adults. Faith mentoring gives us a way to foster those relationships and give students a chance to hear stories of faith from other people who are living it in their own unique ways every day.

**Students and mentors meet five (5) times between March 5-April 16** to attend worship and go through a provided conversation guide together. Mentors must be either an adult or current 11<sup>th</sup> or 12<sup>th</sup> grader who attends SOTV and does not live in your household. If you aren't able to identify someone to be your mentor, you can choose to be matched with a volunteer mentor from the congregation.

What do you need to do to prepare for Lenten Mentoring?

- **First**, read through this packet:
  - The **Green** sheet is yours to keep and has all of the student information.
  - The **Blue** sheet has all the mentor information and should be given to the person you ask to be your mentor. It will help them understand the commitment they are making and has the next steps for them to sign up as your mentor.
  - The **Purple** half sheet gets turned in to Kelsey once you have a mentor lined up or decide to be paired with a volunteer mentor.
- **Next**, pray and think about who you would like to ask to be your mentor. As soon as possible, give them the **blue** sheet from this packet.
- **By February 12, 2025**, either once your mentor has said YES or you choose to be matched up with a mentor, turn in your completed **Purple** half sheet to Kelsey (attached to this packet).

Digital copies of all of these pages are available online at [sotv.org/cyf](http://sotv.org/cyf). Additional paper copies can be found on the slat wall opposite the Children, Youth, and Family office.

I am praying that this experience strengthens your relationships, helps you to see the gifts that you have been given by God, and encourages you to feel more comfortable talking about your faith.

**May the Lord bless you as you begin your search for a mentor!**

Kelsey Young, Director of Children, Youth, and Family Ministries  
Shepherd of the Valley Lutheran Church  
O: 952-985-7362    [kelsey.young@sotv.org](mailto:kelsey.young@sotv.org)

## Frequently Asked Questions – Mentee/Student/Family

### When will I meet with my mentor?

Families and mentors will select 5 times from the list below during the Lenten season (March 5-April 17).

March 5	Ash Wednesday Worship (Noon, 5:30 pm, or 7:00 pm)
March 12	Lent Mid-Week Worship (4:30, 5:45, or 7:00 pm)
March 19	Lent Mid-Week Worship (4:30, 5:45, or 7:00 pm)
March 26*	Lent Mid-Week Worship (4:30, 5:45, or 7:00 pm)
April 2**	Lent Mid-Week Worship (4:30, 5:45, or 7:00 pm)
April 9	Lent Mid-Week Worship (4:30, 5:45, or 7:00 pm)
April 16	Holy Week Experience at your regular Confirmation hour
April 17	Maundy Thursday Worship at 7:00 pm
<i>*ISD 196, ISD 192 Spring Break      **ISD 191, ISD 194 Spring Break</i>	

### What happens if I'm sick or something comes up and I can't meet with my mentor?

Please let your mentor know ASAP if you can't be present for a meeting you agreed upon. You can choose an alternative date from the list above or choose a weekend worship service to attend together between March 5 and April 20. If you're not able to find an alternative time during that window, please contact [kelsey.young@sotv.org](mailto:kelsey.young@sotv.org).

### What will my mentor and I do?

You'll meet for about an hour to attend worship together and then have a conversation. We give you a guide every week with some questions you can talk about and an optional activity to do together. The conversation guides will be available every time you come for worship and a digital copy will be available online at [sotv.org/cyf](http://sotv.org/cyf).

### Can two students have the same mentor?

Yes. Please, no more than 2 students per mentor to be considerate of the experience for everyone involved.

### Can a high school student be a faith mentor?

Yes. Current 11th or 12th graders who are not part of your immediate family can be a mentor for a middle school student.

### How do you decide who to ask?

Extended family members, a family friend, coach, teacher, community member, friend's parent, or another adult that you know and your parents are comfortable with are all great ideas. The best person to choose is someone who will be honest and real with you, open and willing to listen as well as share, and who cares about you.

### What if I can't find someone to be my mentor?

You can choose to be paired with a volunteer mentor from the congregation. We match students and mentors based on your survey so that you have some things in common and can get to know a little about one another before we start!

**I chose to be matched with a volunteer mentor. Now what happens?**

Students and their families will be notified of their mentor's name and contact information prior to March 5. Students and their families are responsible for reaching out to mentors to finalize their meeting dates.

**What safety measures are being taken?**

SOTV is committed to creating and maintaining an environment of safety whenever possible. Families are also encouraged to meet their student's mentor, get to know them, and attend worship together. Mentoring meetings occur during public worship or programming times at Shepherd of the Valley. Background screening is completed on all mentors, volunteers, and staff. Adults over the age of 18 must consent to a background check to be eligible as a mentor.

All mentors will participate in orientation prior to meeting with their mentee for the first time. As part of that training we review mandated reporting requirements, and safety practices for working with students.

**Other Questions?**

Contact Kelsey Young, Director of Children, Youth, and Family Ministry  
[kelsey.young@sotv.org](mailto:kelsey.young@sotv.org) or 952-985-7362

# Hello Prospective Mentor!

During the upcoming season of Lent, middle school confirmation students at Shepherd of the Valley have been asked to identify someone as a faith mentor. Mentoring gives students the opportunity to see and hear how others live out their faith and gives both of you a chance to explore your God-given gifts. It is a rewarding opportunity for both student and mentor, and an easy way to help pass on faith and the love of God to others!

## If you are reading this letter, that means someone already thinks you would be a great mentor!

What does saying "YES!" to this opportunity mean for you?

- **Being Prayerful** – This process starts and ends with prayer! Be praying for whether you should accept your mentoring invitation and for the student you may/will be mentoring.
- **Being Equipped** – In order to make this a safe and meaningful experience for both you and your mentee, we will review tips for interacting with teens, safe child policies, and share a preview of the conversation guides and worship services during our Mentor Orientation.
  - **All mentors are expected to attend orientation** on either Sunday, Feb. 16 @ 1:00 pm or Wednesday, Feb. 19 @ 6:00 pm.
- **Being Present** – One of the most important things you can do as a mentor is simply show up.
  - **Plan to attend Mentoring Kick-Off** with your student mentee on Wednesday, Feb. 26 during their confirmation hour.
  - Mentoring pairs will attend worship together and have a conversation with your mentee five (5) times between March 5 and April 17.

March 5	Ash Wednesday Worship (Noon, 5:30 pm, or 7:00 pm)
March 12	Lent Mid-Week Worship (4:30, 5:45, or 7:00 pm)
March 19	Lent Mid-Week Worship (4:30, 5:45, or 7:00 pm)
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We are looking for "AAA" people to be mentors – **Available, Authentic, and Affirming**. Students are hoping for someone who will be honest and real with them, open and willing to listen as well as share, and affirming of their experiences, feelings, and faith. A faith mentor needs to appreciate and care for their mentee/student just as they are, and remind them that they are loved by God.

**Have you made your decision?** Tell the student who asked you what you've decided either way.

**If you say YES!**, complete the Mentor Registration at [sotv.org/cyf](http://sotv.org/cyf) by February 12. We will be in contact with you soon after your registration is complete. We look forward to seeing you soon!

**If you're not able to commit at this time**, thank you for considering the opportunity. We encourage you to be in continued prayer for the student who asked you!

**May the Lord bless you as you discern and make this decision!**

Kelsey Young, Director of Children, Youth & Family Ministries  
O: 952-985-7362      [kelsey.young@sotv.org](mailto:kelsey.young@sotv.org)



Scan or visit  
[sotv.org/CYF](http://sotv.org/CYF)  
for Mentor  
Registration!

## Frequently Asked Questions – Mentors

### What happens if I'm sick or something comes up and I can't meet with my mentee?

Please let your mentee's family know ASAP if you can't be present for a meeting you agreed upon. You can choose an alternative date from the list or choose a weekend worship service to attend together between March 5 and April 20. If you're not able to find an alternative time during that window, please contact [kelsey.young@sotv.org](mailto:kelsey.young@sotv.org).

### What will my mentee and I do?

You'll meet for about an hour to attend worship together and then have a conversation. We give you a guide every week with some questions you can talk about and an optional activity to do together. The conversation guides will be given to mentors during orientation, they're available every time you come for worship, and a digital copy will be available online at [sotv.org/cyf](http://sotv.org/cyf).

### Do I need to worship at Shepherd of the Valley to be a Faith Mentor?

Yes. We are intentional about wanting to help our students build a community of support within Shepherd of the Valley and ask that mentors consider themselves regular attenders of worship at SOTV.

### Can two students have the same mentor?

Yes. To be considerate of the experience for everyone involved, please no more than 2 students per mentor.

### Can a high school student be a faith mentor?

Yes. Students in grades 11 and 12 who are not part of the mentee's immediate family may be mentors.

### Help! I was asked to be a Mentor! What do I do?

1. Don't Panic. Students think you are cooler and more interesting than you think you are.
2. Remember that you have important life experience to share, and students do too! Students want to hear from you, and they want you to listen and learn from them.
3. You don't have to have all of the answers. In fact, it is much better when you are learning alongside your mentee and sharing your experiences together.

**It's not as scary as it sounds! And remember... God equips those who are called (Isaiah 41:9-10).**

### I chose to be matched with a student. Now what happens?

Students and their families will be notified of their mentor's name and preferred contact information prior to March 5. Students and their families are responsible for reaching out to mentors to finalize their meeting dates. If you don't hear from your mentee by March 6, please contact [kelsey.young@sotv.org](mailto:kelsey.young@sotv.org).

### What safety measures are being taken?

SOTV is committed to creating and maintaining an environment of safety whenever possible. Families are also encouraged to meet their student's mentor, get to know them, and attend worship together. Mentoring meetings occur during public worship or programming times at Shepherd of the Valley. Background screening is completed on all mentors, volunteers, and staff. Adults over the age of 18 must consent to a background check to be eligible as a mentor.

All mentors will participate in orientation prior to meeting with their mentee for the first time. As part of that training we review mandated reporting requirements, and safety practices for working with students.

Volunteer mentors who elect to be matched with a student will have their name and preferred contact information shared with their mentee prior to March 5. Students and their families are responsible for reaching out to finalize meeting dates.

### Other Questions?

Contact Kelsey Young, Director of Children, Youth, and Family Ministry  
[kelsey.young@sotv.org](mailto:kelsey.young@sotv.org) or 952-985-7362

# Student Mentoring Form

Return to Kelsey by February 12!

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Confirmation Hour (circle): 4:30 5:45 7:00

Group Leader: \_\_\_\_\_

## Select ONE:

- I have chosen a faith mentor.

Mentor's Name: \_\_\_\_\_

How you know them: \_\_\_\_\_

\_\_\_\_\_

- I would like to be partnered with a **volunteer Faith Mentor**. Please complete the questions below to help us match you with a mentor.

What hobbies or interests do you have?

What activities or sports do you do?

What is your favorite part of confirmation so far?

What type of music or movies do you enjoy?

What are you most excited to learn about your mentor?

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