Praise and Worship Music Group

Teens want to pray through music. Praise and Worship Groups exist not only to serve themselves in prayer (and to have fun), but have the opportunity and responsibility to lead others in prayer. Leading their peers in prayer is serious youth ministry, and should be exercised with the utmost care.

1. Culture of Music with Teens

Music has long been a staple of youth's media diet, being the media of choice for many adolescents, frequently edging out television (Christenson & Roberts, 1998). Many teens use music to shape their cultural identity and to help define their social group. Some social groups are identified primarily by their choice of music.

Did you know? (taken from mediafamily.com/facts/facts_music.shtml)

- Pre-adolescents and adolescents listen to music (including radio, CDs, tapes and music videos) between 3 and 4 hours per day (Roberts & Christenson, 2001).
- By 11th grade, girls generally listen to music a half-hour more than boys do each day (Roberts & Christenson, 2001).
- 45% of U.S. teens listen to FM radio (Zollo, 1999).
- Teens consider musicians their heroes more frequently than athletes and rate the influence of music higher than religion or books (Knight-Ridder/Tribune News Service, 1999).
- More than 20-30 music styles are identified by teens. From this list, rap and heavy metal stir the most controversy over song lyrics.
- Music affects emotions and teens use music to enhance or intensify their mood or to change mood directions (Christenson & Roberts, 1998).

Music is the dominant media of teens. It is the language through which they consume their messages. Music forms a dominant part of the culture of teens. Good Christian music leads teens closer to Christ. Some music choices lead teens away from the Truth. Music can help teens make sense of their faith, by proclaiming the Gospel in a language they can understand, repeat, and pray. Much in the way early Christians repeated Christian formulas, such as the creed, to fight heresies, Christians today deepen their faith through music, and share their faith with their friends through music.

2. Catholic Settings for a Praise and Worship Music Group
There are many places where a Praise and Worship Music Group could pray through music. In all cases, when done well, music ministry complements, enhances, and leads people to prayer. Praise and Worship Music can be prepared for all of these settings taking into account the goals of each event in cooperation with the priest/deacon celebrating or responsible for the supervision of the event:

- Most Holy Sacrifice of the Mass
- Adoration of the Blessed Sacrament
- XLT (pronounced “exalt” - Life Teen’s model of having thirty minutes of music, thirty minutes of preaching, and thirty minutes of Adoration of the Blessed Sacrament)
- Post-Mass youth event
- Pre-Mass youth event
- Prayer Group Meeting
- Reconciliation Service
- Devotionals, such as: Divine Mercy Chaplet, Stations of the Cross, Novenas, etc.

3. Teen Mass Guidelines

The Church is blessed with young people attending Teen Masses which greatly increases the participation of young people in the liturgical life of the Church. Furthermore, it leads young people to continue their life-long pilgrimage with the rest of the faith community. When done well, it has not separated the youth from the Church, rather it unites the sometimes-lost generation of post-Confirmation youth to the whole community.

Teens should be made to feel at home at every celebration of the Eucharist. However, some young people attend Mass infrequently and feel estranged from the rite and the community. One of the results of a Teen Mass is that it draws young people (and often their parents) back into the parish celebration of the Eucharist, increasing their familiarity, fondness, and reverence for the most precious gift of the Body of Christ.

*Engaging the hearts, hands, and minds of teens in the Mass*

All of us are called to full, active participation in the Liturgy, which means engaging the whole person, not just fulfilling liturgical roles. Drawing young people into specific liturgical roles (for which they need to be qualified) often leads teens to the person of Jesus, especially through the presence of Christ in the Eucharist. It also provides leadership opportunities that keep teens involved with the Church. Uninvolved teens are more inclined to become involved when they see their peers filling various roles in the Mass. However, teens should be encouraged to engage in the Paschal Mystery and not just fill roles.

*Use of Teens in Music Ministry*

Every effort should be made to identify youth who have musical ability and incorporate them into a music ministry designed for a Mass with teens. Usually two or more adults will be needed to lead and guide the group. These teens could become life-long, active participants in the life of the Church because they play organ, keyboard, guitar, drums, trumpet, or other instruments. This requires extensive effort because there is frequent turnover as high school participants
graduate. However, parishes often have their former teen musicians return during holidays, summers, and after graduation.

*Instruction to Go to Mass Every Sunday*

It should be made explicit to teens that since Jesus is really present at every Mass, they should attend Mass every Sunday, regardless of the music, preaching, or teen involvement. See *Catechism of the Catholic Church*, no. 1356 and *Gift of Life, Gift Eternal: The Most Holy Eucharist and the Holy Sacrifice of the Mass*, by Bishop Salvatore R. Matano, pg. 16.

4. Choosing Music for Teen Masses

The Holy Sacrifice of the Mass is the ultimate prayer of the Church; it is the ultimate meeting of God with His people. The attention paid to the music ministry at Mass should be greater than in any other setting. *The music ministers should take the direction of the priest in all matters pertaining to music at Mass.* They should work together in preparing music for every Mass. There is a great opportunity for teen musicians to learn the importance of the Mass through the lens of music ministry.

A hallmark of Teen Masses is the addition of contemporary Christian music to the standard, traditional Catholic hymns. The use of contemporary Christian Music at Catholic teen gatherings continues to grow nationally at youth ministry events (Steubenville conferences, Mount 2000 and beyond, NCYC, etc). Youth are responding positively to this style of music, as the music is modern and usually played well. However, traditional Catholic hymns should also continue to be used, so that young people learn the beauty of these pieces. Recent trends involve playing traditional music with a modern style and with contemporary instruments. This should be done with respect and reverence.

*Order of Importance to Be Sung at Mass*

1. The following should always be sung in the Liturgy: Responsorial Psalm, Gospel Acclamation, Sanctus, Memorial Acclamation, Great Amen, and the Lamb of God.
2. The following should be sung whenever possible (even though these are often not sung): Kyrie, Gloria, and the Creed.
3. The following are usually sung: Entrance Hymn, Hymn for the Presentation and the Preparation of the Gifts, Communion Hymn(s), and the Final/Closing Hymn.
Other Useful Notes Concerning Music at a Teen Mass:

• For certain seasons and/or special celebrations, the use of Latin for some of the Mass settings could be very appropriate, and should be encouraged. Since many will hopefully experience a Mass with the Holy Father, a familiarity with the Latin lyrics gained from their home parish will be very beneficial.

• The presider needs access to the music lyrics, especially a presider who is not familiar with the songs or particular style of music. Often, those who are not sitting in the congregation cannot see projected lyrics. Having worship aids for these people is helpful.

5. Importance of Music Copyright

Why should my parish/deanery be concerned with copyright issues?
Church communities should be fully in compliance with music copyright law. This is fair to all involved in the liturgical music industry, including the publishers and songwriters, who provide liturgical music as their occupation and deserve fair compensation for their work. Unless you have a license to do so, duplicating paper with printed music, projecting music from a computer, or having music stored digitally (on a computer) are all violations of copyright law. As a Catholic Christian Community, we should hold ourselves and our ministry to the highest standards and be a model of those high standards for our youth.

How can my ministry be in compliance with copyright law?
A parish/deanery is compliant through two means. The first is the purchase of the hymnals. By purchasing the hymnal, you have permission to use the music. Common examples of companies that provide Catholic music hymnals are Oregon Catholic Press and GIA Publications. Each company makes a variety of hymnal collections to best meet the needs of your community, and offers additional information about copyright law and licensing.

Another means to comply with music copyright law is to purchase a license for your parish/deanery. This license will be specified to the size of your community and the support options you choose. The most common example of this service is Contemporary Christian Licensing, Inc. (CCLI). CCLI is essentially a copyright distributor, intending to avoid the hassle and “administrative nightmare” of each church having to ask permission to each composer. Although these licenses are annual, they can also be purchased for one-time events (such as Youth Leadership Congress, a wedding, etc).

By utilizing these music and copyright distribution services, church communities can be certain they fully comply with music copyright law. These distribution services also provide many valuable resources that are increasingly hard to find, such as guitar tab (simplified musical score), song suggestions for various celebrations, and liturgical planning guides. Their extensive resources may be especially helpful for youth ministers who are less familiar with such involvement in liturgical details.

6. Resources for Music and Music Copyright Information:
The Office of Catholic Formation intends to provide more information about music copyrights in the future, as a supplement to this resource.
The following companies and websites will be useful for ordering music and seeking copyright information. Also, each website includes a thorough *Frequently Asked Questions* section for further information.

**Contemporary Christian Licensing, Inc (CCLI) - www.ccli.com**  
Major resource for Christian “praise and worship” style music.  
Offers additional “layers” of support and services for additional fees.

**GIA Publications - www.giamusic.com**  
Publishers of the Gather Hymnal as well as many other resources.  
OneLicense.net - Annual copyright licensing service, uses music from GIA and other music publishers.  
Hymnprint.net - From GIA, a resource to generate worship aids.

**Oregon Catholic Press (OCP) - www.ocp.org**  
Their *Spirit & Song* series of hymnals are very common in Catholic teen settings.  
LicenSingOnline.org - annual copyright licensing service of OCP.  
Liturgy.com - comprehensive liturgical preparation service, includes music advisement.  
Printandpraise.com - service that allows users to make worship aids easily.