

Your Guide to Mentorship: Weekly Content

Fidelis Introduction Weeks



WEEK 1: Sisterhood

WEEK 2: Virtue

WEEK 3: Mentorship

WEEK 4: Coronation

Your Guide to Mentorship

Fidelis Introduction Week 1



✉ program@fidelisonline.org



[Resources Folder
2024-2025](#)

LESSON

The Fidelis Sister is part of a Sisterhood.

Written by:
Destiny Campa Meza



VIRTUE DEFINITION

Each week, you can find the virtue definition cited from the Catechism of the Catholic Church here.

MENTORING TIP

Start building relationships with your Fidelis Sisters by greeting them with an awesome attitude, offering a handshake or high five, and an attempt to catch their names.

Letting the sisters know how excited you are that they're in attendance sets a positive tone, making your time together smoother and creating an inviting culture and community.

THE KING'S MESSAGE

Remember the King's Message should be F.A.S.T. (Faithful, Authentic, Short, Tied in.)

- Did you see how? — Summarize the clip in your own words after reading the **CLIP REVIEW** portion of the email.
- That's a lot like... — Connect the clip to the Virtue in your own words after reading the **CONNECT** portion of the email.
- This is for you because... — Commission the girls to live this virtue in their lives in simple, practical ways and in your own words after reading the **COMMISSION** portion of the email.

RESOURCES

- ▶ Video: Jackie & Bobby Angel ["What Does True Friendship Look Like?"](#)
- 🌐 Article: *Blessed is She*, ["Sisterhood Bonds"](#)

Clip: Wonder

WATCH

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INTRO VIDEO

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Clips will be available for our first virtue unit!

DISCLAIMER

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CLIP REVIEW

In this clip, we see Auggie Pullman make his first real friend in fifth grade. Auggie was born with facial differences that make him stand out from others and he is often the target of bullying and cruel jokes. Summer is fed up with hanging around superficial friends who are sorely lacking in virtue. Her heart's desire is to make a real, quality friendship. After so much hardship and feeling so alone, Auggie is concerned that Summer might not be genuine, but he quickly finds that he has made a true and trustworthy friend.

CONNECTION

Wonder is a real tear-jerker. As Catholics, it is hard to imagine (and stomach) the struggles Auggie experienced as a fifth-grade boy. Despite so many good qualities, intellect, and outstanding moral character, Auggie struggled to find his place in the world. His peers judged him and made up stories based on his physical appearance, but didn't take the time to get to know his heart. What a blessing that Auggie made real friends like Summer, who could care less what the popular girls thought of her when she left their circle in search of true friendship.

All of us have felt left out or ostracized at one point or another and it can be very difficult to find quality friendships that will help us to grow in virtue. The Fidelis Sisterhood is a unique space where everyone is welcome, loved, and accepted as they are.

The goal of our sisterhood is to make strides together toward holiness -- from *sisters to saints* -- we do not view one another through the worldly lens of physical appearance or social status.

We are already beloved in the eyes of Jesus, no matter our appearance, social status, or achievements. He looks at us tenderly and sees His bride. We don't have to earn His love. Likewise, Fidelis Sisters are part of a sisterhood and each sister plays an important role. Each sister is unique and brings her personality, talents, and gifts to share. The Fidelis Sisterhood is a place where true friendship and quality fellowship can be fostered and where virtue can flourish.

COMMISSION

Are you looking for genuine friendship? Do you sometimes feel like you don't have a place in the world? It is easy to get caught up in worldly desires and trends. Many women spend precious time, energy, and resources attempting to "better" themselves by social standards with the hope of being accepted. You are already accepted here. Each one of our Fidelis Lead Ladies, Adult Mentors, and Sisters are valued members of the Fidelis Sisterhood.

While Jesus says that we live in the world, we are not of the world (John 15: 18-20). We need to foster quality relationships with other Catholics that will encourage and empower us to walk with Christ toward Heaven. Fidelis is more than a youth program or a Bible study group, it is a sisterhood of women of all ages, seeking to be formed — heart, mind, body, and soul — into mature, virtuous disciples of Christ.

Join us as we focus our minds on the imperishable beauty we put on as daughters of the King when we clothe ourselves in virtue.

SMALL GROUP COMMENTARY

We see repeatedly in scripture that faith is meant to be lived in community. Jesus Himself built a community with His apostles because He knew He couldn't complete the journey alone. The Catechism contains beautiful words about living our faith in community: Those who are united with Christ will form the community of the redeemed, "the holy city" of God, "the Bride, the wife of the Lamb." She will not be wounded any longer by sin, stains, self-love, that destroy or wound the earthly community. The beatific vision, in which God opens himself in an inexhaustible way to the elect, will be the ever-flowing well- spring of happiness, peace, and mutual communion. // CCC 1045



Friendship in most forms is important, but friendship founded in faith (like our Fidelis sisterhood) has the power to change the world. When we come together in faith, we are stronger and are less able to be won over or torn down by the ways of the world. It's so much easier to stand up for what's right when you have an entire sisterhood backing you up! We can also look to Ecclesiastes 4:10 for a note on the importance of friendship in faith: "If the one falls, the other will help the fallen one. But woe to the solitary person! If that one should fall, there is no other to help."

One of our chapters has a "no sister left behind" policy, which helps the sisters to look out for one another and lift up the girls who may be falling or need extra help to stand strong in their faith. We all experience doubt, sorrow, and hard seasons, and in those times, Fidelis sisters come together to lift the fallen.

FAMILY GROUP QUESTIONS

Family Group Questions come from the Fidelis Book, but during the Fidelis Introduction Weeks, we will provide them for you here.

- What is a community you feel lifted up by? (Ideas: choir, band, sports team, youth group) How does that community make you feel supported?
- Have you ever compared yourself to another girl? How did it make you feel? How does that get in the way of stronger sisterhood?
- Living our faith in community is very important. Why do you think God wants us to journey in faith with other people?
- How do your words and actions impact others? What is a time that someone's words or actions had a positive or negative impact on you, and how did it make you feel?



Your Guide to Mentorship

Fidelis Introduction Week 2



✉ program@fidelisonline.org



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LESSON

The Fidelis Sister is virtuous.

Written by:
Destiny Campa Meza



VIRTUE DEFINITION

Each week, you can find the virtue definition cited from the Catechism of the Catholic Church here.

MENTORING TIP

As girls show up to Fidelis for the first time, make sure the Ladies are spread out and talking to the sisters instead of talking to each other. When you meet a new sister, ask the sister something about herself, and then introduce her to a group of girls. This takes the pressure off of her and helps her transition into the sisterhood.

THE KING'S MESSAGE

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- This is for you because... — Commission the girls to live this virtue in their lives in simple, practical ways and in your own words after reading the **COMMISSION** portion of the email.

RESOURCES

- ▶ Video: Jackie Angel ["How To Be a Virtuous Woman"](#)
- 🌐 Article: *Blessed is She*, ["Extinguishing Vices, Growing Virtues"](#)

Clip: The Grinch

WATCH

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INTRO VIDEO

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CLIP REVIEW

Cindy Lou Who is a young girl in Whoville who takes notice of the long hours her mother works to support her family. Devoted and self-sacrificing, Cindy's mother prioritizes the needs of her young children over her own. Cindy sets out to deliver a letter to Santa Klaus, whom she believes can grant her Christmas wish: that her mother would be happy. Instead of Santa, Cindy stumbles upon the Grinch who is plotting to steal Christmas. Expecting Cindy to have a long list of selfish Christmas wishes, the Grinch is taken aback by Cindy's selfless display of virtue when she instead makes a heartfelt appeal for her struggling mother.

CONNECTION

The 2018 adaptation of *The Grinch* is jam-packed with heart-warming family values as its young protagonist, Cindy, is an observant and kind little girl who proves that even the young can be virtuous. Cindy's mother, a single mom to three small children, is hardworking and dedicated to providing for her children and maintaining her home. She displays patience and kindness for Cindy despite being tired and run down. Cindy takes notice of this and desires goodness for her mother. Instead of pursuing toys, clothes, or other typical Christmas gifts for girls her age, Cindy sets her mind on finding Santa Klaus and using her Christmas wish to obtain happiness for her mother. Cindy then works diligently throughout the film to prepare for her moment with Santa.

When Cindy finally meets Santa (or so she thinks) she presents her case and surprises the Grinch with her request. The Grinch, who previously thought he hated Christmas, begins to have a change of heart when he realizes that maybe Christmas is about something more than decorations, dinner, and gifts.

Cindy illustrates that no Fidelis girl is too young to be virtuous. Every Fidelis girl, no matter her age, has a unique opportunity to deepen her faith and honor God by growing in virtue. Many of the virtues are gifts that we must ask for in prayer, but all of the virtues require our cooperation.

COMMISSION

Are you looking for opportunities in your own life to grow in virtue? Do you, like Cindy Lou Who, seek out the good for those around you, no matter what it costs? Fidelis helps to form girls — heart, mind, body, and soul — into a sisterhood of mature, virtuous disciples of Christ. Why? Jesus Himself tells us that His disciples will be set apart by love (John 13:35) and that a good tree will bear good fruit for the Kingdom of God (Matthew 7:18). We are called to imitate our good and perfect Savior, Jesus Christ (Matthew 5:48). Virtues are gifts from God that lead us deeper into relationship with Him.

Virtues are also like habits; they need to be practiced and they can be lost if they are neglected. Do you choose, each day, to practice doing what is good, and to say with your whole heart: “I belong to Jesus and I will strive to live a life worthy of the One who calls me into His kingdom and His glory!” (Thessalonians 2:12).

“The virtues help us habitually do what is good. They are the building blocks for Christian moral living.” -*St Paul Center for Biblical Theology*

SMALL GROUP COMMENTARY

Just as the Catechism does, we're going to look to scripture for guidance on the virtues.

In his letter to the Philippians, St. Paul tells them exactly what to pursue: "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things." // Philippians 4:8



Remember that virtue is a firm disposition to do the good, and to do the good, we must first focus on the things that guide our path toward Goodness itself, which is God. When we consistently turn our hearts toward truth, honor, justice, purity, beauty, etc., we are developing habits that cultivate goodness in our souls.

St. Paul is right in telling us that we need to think about all these good things, but the truly virtuous person also acts on them. Much like Mother Mary in her answer to the Angel Gabriel, we must be willing to answer the call of holiness and obedience.

"The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions." // CCC 1803

This passage reminds us that our interior life and exterior life work hand in hand and cannot be isolated from one another. If a person is doing good deeds but is not powered by virtue, her deeds lack foundation. If a person has a deep interior life but does not act virtuously toward others, then she's not allowing her interior habits to direct her actions toward the good. When we think about virtuous things, act on them, and direct those actions toward what is good, we become the best versions of ourselves, which is exactly what God desires for each of us.

FAMILY GROUP QUESTIONS

Family Group Questions come from the Fidelis Book, but during the Fidelis Introduction Weeks, we will provide them for you here.

- How do your thoughts affect your actions? Do you notice that your actions change when you've been thinking about good things?
- Why is faith without works dead? How does this apply to virtue?
- What are some good habits you have already formed? What are some habits you'd like to form or bad habits you'd like to break?
- Share an example of a time you witnessed someone acting virtuously and how it affected you or someone you know?



Your Guide to Mentorship

Fidelis Introduction Week 3



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LESSON

*The Fidelis Sister
values mentorship.*

Written by:
Destiny Campa Meza



VIRTUE DEFINITION

Each week, you can find the virtue definition cited from the Catechism of the Catholic Church here.

MENTORING TIP

It's important to remember that learning and teaching go both ways in a mentorship relationship. It's okay if you don't know the answers to every question or if one of the sisters knows more about a particular topic than you. Trust that God has placed you in this role for a reason, and he will equip you little by little to lead your Fidelis sisters

THE KING'S MESSAGE

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RESOURCES

- ▶ Video: Our Lady of Sorrows Catholic School and Church "[The Importance of Mentoring](#)"
- 🌐 Article: *Blessed is She*, "[The Importance of Spiritual Mentoring](#)"

Clip: The Chronicles of Narnia The Voyage of the Dawn Treader

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INTRO VIDEO

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CLIP REVIEW

In this clip, we see Lucy Pevensie say her goodbyes to Aslan, King of Narnia. Throughout the trials and adventures of The Chronicles of Narnia, Aslan has been a faithful mentor to the Pevensie children, helping them to avoid evil and do good. Because of his wisdom and courage, Aslan becomes the children's role model and eventually helps the children save Narnia. Promising to always be with her, Aslan tells Lucy that he will always be with her and that she must learn to know him by his other name, the one used in her world.

CONNECTION

In The Magician's Nephew, we learn that Aslan is the creator of Narnia. He sang the world into being and created each of the creatures in that world. He created everything good. Aslan is portrayed as a brave redeemer and a just king, taking on the sins of others and even dying and being resurrected. It is safe to say that the Pevensie children's faithful mentor is none other than Jesus Christ, the Lion of Judah Himself.

Much like the Pevensies, we all need a spiritual mentor who can help guide us in avoiding evil and doing good. To grow in virtue, we need the witness of strong Catholics. We need brave leaders who are willing to show us the path to truth and make the journey with us toward Heaven.

Jesus is the way, the truth, and the life (John 14:6) Our Earthly mentors are His hands and feet, leaders whom Jesus has entrusted to guide His sheep home. The Fidelis Sister values mentorship because she knows that she cannot make this journey alone.

COMMISSION

Have you ever tried to do something unfamiliar to you alone? It's a lot more challenging. I remember the first time I tried to put gas in my car. I pulled up as close as I could to the pump, only to realize that I wasn't close at all. I was also on the wrong side of the pump. People were watching. It was a whole scene. Anyhow, pumping gas might be too simple a comparison, but you get the idea. We aren't born virtuous. The Sacrament of Baptism removes the stain of original sin, but growing in virtue is a life-long task that requires supernatural amounts of divine grace, patience, determination, and help from those around us.

We cannot get to Heaven alone. Titus 2:3-5 calls older generations of women to disciple younger women, teaching them how to grow in godliness in their distinct relationships and calling. Do you have a mentor? Do you often seek their advice? Do you see your mistakes as failures or do you see them as opportunities to be loved, shaped, and grown? As you age and meet new milestones in life, there is always a need for help, encouragement, and advice. There is a reason that our feminine gifts are so centered on nurturing the people around us. Women are created to mentor and live in community with other women.

SMALL GROUP COMMENTARY

There's a verse in 1 Peter that sums up what we need to know about mentorship:

"So I exhort the presbyters among you, as a fellow presbyter and witness to the sufferings of Christ and one who has a share in the glory to be revealed. Tend the flock of God in your midst, [overseeing] not by constraint but willingly, as God would have it, not for shameful profit but eagerly. Do not lord it over those assigned to you, but be examples to the flock. And when the chief Shepherd is revealed, you will receive the unfading crown of glory. Likewise, you younger members, be subject to the presbyters. And all of you, clothe yourselves with humility in your dealings with one another, for: "God opposes the proud but bestows favor on the humble."

// 1 Peter 5:1-5



Read this passage over a few times, and reflect on the words that are standing out to you. The line that stands out to me is, "Tend the flock of God in your midst." This is exactly what mentors are called to do, and we can look to Jesus as an example of this.

When Jesus ministered to others, he focused on those right in front of Him. In Galilee, He tended to the Galileans. When with the Pharisees, He tended to the Pharisees. As a mentor, you have been entrusted with a flock of young women whose hearts are living tabernacles. Tend to the flock of God in your midst. The Fidelis Sisters have a special calling into humility as they open themselves up to what the Father wants to show them through Fidelis. By opening themselves up in humility, they are more able to grow into the women God designed them to be.

FAMILY GROUP QUESTIONS

Family Group Questions come from the Fidelis Book, but during the Fidelis Introduction Weeks, we will provide them for you here.

- Who is a mentor in your life? What makes them a good mentor?
- Do you think that people being mentored can teach their mentors along the way? Or does the teaching only come from the mentor?
- Why is mentorship important for growing in faith?
- What are concrete ways you can be a good role model in your Fidelis chapter?



Your Guide to Mentorship

Fidelis Introduction Week 4



✉ program@fidelisonline.org



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2024-2025](#)

LESSON

The Fidelis Sister becomes a Fidelis Lady.

Written by:
Destiny Campa Meza



VIRTUE DEFINITION

Each week, you can find the virtue definition cited from the Catechism of the Catholic Church here.

MENTORING TIP

Make sure to read through all content in the weekly emails and utilize the resources provided. When you prepare for your Fidelis nights, you are able to be more present and create a more fruitful evening for the sisters.

THE KING'S MESSAGE

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RESOURCES

- ▶ Video: Catholic Diocese of Arlington ["2Minutes2Virtue: Carry—Don't Drag—Your Cross"](#)
- 🌐 Article: *Blessed is She*, ["Which Crown Will I Embrace?"](#)

Clip: The Princess Diaries

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INTRO VIDEO

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CLIP REVIEW

Mia Thermopolis is a shy teenager from San Francisco who receives a life-changing visit from her grandmother, the Queen of Genovia. Mia doesn't know that her father was the King of Genovia before his death. As her grandmother is aging and ready to retire, she asks Mia to step up and ascend the throne, taking her rightful place as Queen. Mia is shocked and overwhelmed by the idea but eventually comes around. She is mentored by her grandmother who prepares her to step into this role. In this clip, we see that Mia has completed her training and accepts her crown as she is cheered on by family and friends.

CONNECTION

The goal of a Fidelis Sister is to be coronated and become a Fidelis Lady. The crown she receives is a reminder of the saintly crown that awaits us in Heaven. As disciples, we are called to direct all our actions toward Heaven, living with an eternal perspective and seeking first the Kingdom of God (Matthew 6:33). This will often require self-denial. While a crown is a symbol of eternal life and our role as daughters of the King, crowns are heavy.

The crown parallels the unique cross we must each carry if we want to follow Jesus. Becoming a Fidelis Lady means following in the footsteps of Our Lady: becoming a woman after God's own heart who is deeply open to His divine will in our lives. When a Fidelis Sister becomes a Fidelis Lady, she steps forward into womanhood with dignity, fidelity, and grace.

COMMISSION

Becoming a true Fidelis Lady takes a lot of work and even more of God's grace. This journey starts with something very important: our desire to become a Fidelis Lady. How can we reach a goal if we don't set it first? In this final week of Rush, let's set ourselves up for success by reflecting on this question: why do I want to become a Fidelis Lady? Knowing your "why" will be very important on this journey, especially when things start to challenge you in uncomfortable ways. If you're wondering how to come up with your "why," take a moment to think about the Fidelis Ladies in your life. Why are you drawn to them? What do they have that you want? What qualities do you want to emulate/imitate? How do these women help you grow in your faith?

On top of discerning your why, it's helpful to understand what is required to become a Fidelis Lady:

Basics of Becoming a Fidelis Lady:

- Register to be a Fidelis Sister, commit to practicing the virtues in your everyday life, and be a good example to your Fidelis Sisters.
- Be a committed Fidelis Sister for at least two consecutive years, including your senior year of high school.
- Complete your weekly invitations (found in your Fidelis book) and keep track of them in your family group and on the Fidelis app. When a Fidelis Sister completes these tasks, she participates in a coronation ceremony at the end of her senior year. She receives a crown and is named a Fidelis Lady.

The crown represents several things:

- When someone in the Bible is crowned, it means they are set apart for something great.
- At Baptism, we are welcomed into the royal family of God's Kingdom, and this crown serves as a reminder of our baptismal call.
- Proverbs 4:5-9 reminds us that when we embrace virtue, a glorious crown will be bestowed upon us.
- The "crown of righteousness" (2 Timothy 4:6-8) awaits us at the end of our lives if we run the race well. The Fidelis crown reminds us to pursue a virtuous life so we can join God in Heaven forever.



SMALL GROUP COMMENTARY

From the very beginning, women were made for relationship. We were literally born out of man (wo-man), meaning that we were born out of our relationship with another person. The LORD God then built the rib that he had taken from the man into a woman. When he brought her to the man, the man said: “This one, at last, is bone of my bones and flesh of my flesh; This one shall be called ‘woman,’ for out of man this one has been taken.”// Genesis 2:22-23 As a result, women are typically more gifted relationally and desire deep relationship with people they encounter. Fidelis is the perfect opportunity to exercise these relational gifts and serve God with them.

Since this is our last Fidelis Introduction Week, let's do a review of the Fidelis basics:

Sisterhood

1. First and foremost, we are a sisterhood journeying together toward Heaven. We are called to love and support one another because faith is not meant to be lived in isolation. Remember that Jesus had his apostles around him to help him on his journey. If the one falls, the other will help the fallen one. But woe to the solitary person! If that one should fall, there is no other to help. //Ecclesiastes 4:10

Virtue

1. We must commit to a life of virtue in order to become the women God designed us to be. How do we do this? We first understand that virtue is formed over time. Then we understand that our work is only part of it; we must rely upon God's grace to truly grow in virtue.

2. A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. // CCC 1803

Mentorship

1. Fidelis is not a typical youth ministry because it's not just about youth formation; it's about spiritual formation through mentorship.

2. Tend the flock of God in your midst, [overseeing] not by constraint but willingly, as God would have it, not for shameful profit but eagerly. Do not lord it over those assigned to you, but be examples to the flock. // 1 Peter 2:3-3



FAMILY GROUP QUESTIONS

Family Group Questions come from the Fidelis Book, but during the Fidelis Introduction Weeks, we will provide them for you here.

- Name one quality you admire in a Fidelis Lady. Why do you think you're drawn to this?
- What do you hope to learn or gain from Fidelis?
- Why do you want to be a Fidelis Lady?
- What are you most excited or nervous about this year?

