

Totus Tuus 2025 Blue Book

Archdiocese of Denver



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ABOUT TOTUS TUUS

"Totally Yours"

Our Mission

To gather college students from across the United States and seminarians from St. John Vianney Theological Seminary into teaching teams, and train them in service to God, drawing them closer to Our Lord through prayer, devotion, knowledge, and Christian formation.

To send these teaching teams to inflame the hearts and minds of children and young adults by inspiring in the youth a true longing for holiness, a deep desire for conversion, and by empowering them to become Christian leaders by dedicating their lives totally to God in imitation of the motto of Pope St. John Paul II, "Totus Tuus Maria" (Totally Yours, Mary).

To impart an understanding of the Catholic Faith and an ongoing change of heart in all the youth of Totus Tuus through faithful catechesis.

NOTE: Information on the coordination of the program can be found in The Parish Program Manual:
<https://archden.org/eflm/totus-tuus/parishes/>



Our Motivation

Pope St. John Paul II's motto is taken from St. Louis de Montfort's *True Devotion to Mary*, and it signifies our desire to give ourselves entirely to Jesus through Mary. It also expresses our effort to give our all to every person we encounter. Through the teachers' examples of joy and service, the youth see that these young men and women are ON FIRE with the love of God and the Catholic Faith and long to spread that fire to them.

Our Method

Totus Tuus programs exist in dioceses throughout the country. Each program is run independently. Totus Tuus Denver calls upon college students from across the United States and seminarians from St. John Vianney Theological Seminary to work in tandem to carry this mission to every person they encounter in the parish program. In hiring our teachers, we look for love of God, faith, energy, and enthusiasm. We also look for commitment to spiritual growth, teamwork skills and desire to serve the youth. Teachers are formed into teams of four, two men and two women, and bring the program to different parishes each week for seven weeks. At the parish, they conduct a week-long "parish mission," teaching and inspiring the parish's children and teenagers.

The Five Pillars of Totus Tuus



The Eucharist

The Eucharist has pride of place in the Totus Tuus schedule, for both teachers and youth. Other prayers – the Liturgy of the Hours, the Rosary, the Angelus, the Chaplet of Divine Mercy and Adoration of the Blessed Sacrament – provide a great deal of nourishment, but the celebration of the Holy Sacrifice of the Mass is the “source and summit” of our faith.



Marian Devotion

The teachers will lead the youth to Jesus for a week, but Mary will lead them to Jesus for a lifetime. The missionary teachers bring them to Mary by helping them dialogue with her as they meditate on the mysteries of the Rosary. Praying with her and through her, we hear her say to us, “Do whatever He tells you” (John 2:5).



Catechesis

An authentic catechesis, rooted in an orderly and systematic explanation of God’s Self- revelation through the person of Jesus Christ, provides the foundation of the program’s teaching. All of our teaching is directed toward helping the youth deepen their understanding of God, strengthen their faith in Him and, most importantly, cultivate a more intimate union with Him.



Christian Vocations

Totus Tuus strives to foster Christian vocations by encouraging the youth to begin discerning God’s call to the married life, priesthood, or consecrated life. Because the missionary teachers are striving to live an authentic Christian life and are actively discerning their own vocations, they can better help the youth to do the same.



Fun!

Totus Tuus demonstrates that one can be a faithful Catholic and have a lot of fun doing so! Morning pump up, skits, songs, recess, a water fight and sundae-ing the teachers make the program come alive! (Just don’t tell the kids about the last two – they’re surprises!)

Totus Tuus Elementary School Curriculum

Sacred Scripture and the Catechism provide the foundation for our catechetical instruction.
The 2025 curriculum will focus on the Sacraments and the Joyful Mysteries of the Rosary.

We divided the four pillars of the Catechism into a six-year teaching cycle:

Curriculum Year Pillars of the Catechism

Year 1	1st Pillar – Creed • The Mystery of Salvation
Year 2	1st Pillar – Creed • The Apostles' Creed
Year 3	2nd Pillar - Sacraments • The Sacraments
Year 4	3rd Pillar - Life in Christ • The Commandments
Year 5	3rd Pillar - Life in Christ • The Virtues
Year 6	4th Pillar - Prayer • Prayer and the Our Father

Mysteries of the Rosary (Four-year cycle)

Year A	The Joyful Mysteries
Year B	The Luminous Mysteries
Year C	The Sorrowful Mysteries
Year D	The Glorious Mysteries

The Grade School Program is for children who are entering the first through sixth grades for the upcoming school year. This program runs Monday through Friday.

The kids are encouraged to engage the faith and make it their own. We teach them how to view God: as their loving Father, their Savior, and their Comfort and Guide. This message of God's love is made tangible through the love the teachers give to the kids, following St. Paul's exhortation to share "not only the gospel of God but also our own selves" (1 Thess. 2:8). Developing a personal relationship with God contributes to lifelong faith and gives them the confidence to be Jesus' witnesses in the world around them. We endeavor to show the youth that a strong desire to know and love God can only be fostered by a steadfast prayer life and the frequent reception of the Sacraments.

2025 Curriculum Example

Monday

- Class #1: 1st Joyful Mystery – The Annunciation
- Class #2: Introduction to the Sacraments
- Class #3: The Sacraments of Initiation
- Class #4: Baptism

Tuesday

- Class #1: 2nd Joyful Mystery – The Visitation
- Class #2: Confirmation
- Class# 3: Eucharist
- Class #4: The effects of the Eucharist

Wednesday

- Class #1: 3rd Joyful Mystery – The Nativity
- Class #2: The Sacraments of Healing
- Class #3: Reconciliation
- Class #4: The Anointing of the Sick

Thursday

- Class #1: 4th Joyful Mystery: The Presentation
- Class #2: The Sacraments at the Service of Communion
- Class #3: Matrimony
- Class #4: Holy Orders

Friday

- Class #1: 5th Joyful Mystery: The Finding in the Temple
- Class #2: Vocational Discernment

While a large part of the day is spent in power learning session classes, Totus Tuus is not school, and we make sure the kids have lots of fun! There is a snack break in the morning, recess and “cool down” after lunch. The kids are given plenty of water, and parishes may choose to offer them lemonade, fruit punch or other refreshments. The children bring sack lunches, unless the parish chooses to provide lunch for them.

Recess follows lunch. To facilitate team sports and other games, the kids bring (or the parish provides) Frisbees, hula hoops, gloves, balls, bats, jump ropes, etc. The teachers participate in recess with the children.

Daily Schedule

9:00 AM	Introduction	12:00 PM	Lunch & Recess
9:15 AM	Icebreaker & String Skit	12:50 PM	Water Break
9:25 AM	Class 1	1:00 PM	Decade of the Rosary
9:50 AM	Snack & Game	1:10 PM	Class 3
10:10 AM	Music Preparation for Mass	1:30 PM	Totus Tuus Theatre
10:20 AM	Class 2	1:50 PM	Class 4
10:45 AM	Mass Preparation	2:15 PM	Gather, Review, Closing Prayer & Song
11:15 AM	Confessions & Mass	2:30 PM	Dismissal



Mass and Confession

It is in the Sacraments, especially in the Eucharist, that Christ Jesus works most powerfully for the redemption and sanctification of mankind. We have found over the years that participating in the Sacraments on such an intimate level has a tremendous effect on the children. The missionary teachers strive to help the kids participate fully and actively in the liturgy; we consider this an integral and indispensable part of our program.

There is Mass with the children every day, which the parishioners are encouraged to attend. There are also opportunities for Confession each day. The kids will participate at Mass by serving, bringing up the gifts, proclaiming the readings and reading the petitions. The missionary teachers will lead the children in songs during Mass. The missionary teachers prepare them daily for Mass and Confession, remind them to be reverent during Mass and to behave well throughout the week (their fun Friday afternoon depends on it!). One of the biggest compliments we receive is that kids often engage better in Mass after attending Totus Tuus.

Friday Afternoon

On Fridays, the schedule is the same until lunch. However, the afternoon is just for fun, and so there are no classes. The children can bring lunches as usual, or the parish can have a cookout.

In the afternoon, the kids (already in swimsuits) pick some of the teachers and turn them into human sundaes!

Afterwards, the water games begin! There is a water fight, for which the children bring buckets and/or squirt guns. Some parishes have even brought the Fire Department to spray the kids and make it “rain”!

After it's over, the kids help the teachers clean up the area. Parishes may also choose to provide popsicles, ice cream sandwiches or other treats at the conclusion of Friday afternoon. The program is brought to conclusion with prayer and song.

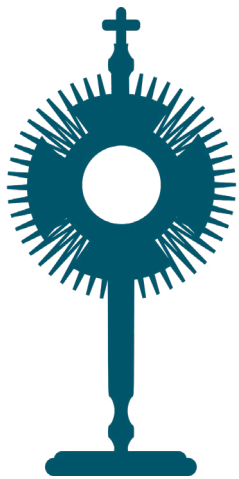


Middle & High School Program (7th – 12th Grade)

The Middle and High School Program runs Sunday through Thursday, 7 - 9 PM. We consistently find that vibrant, faithful, college-age teachers can make a lasting impact on these youth. The teachers give witness to their faith and relationship with God through powerful talks and testimonies. They also lead small group discussions, quiet meditation, prayer, games and fellowship.

The middle and high school students are together for most of the evening program, but some of the talks and small groups are split up by age to create an atmosphere conducive to honest and age-appropriate discussion.

A parish must have an adult parish staff-member/volunteer present during the Middle/High School Program at the parish for general oversight, to be available in case of an emergency, and to ensure all participating youth arrive and depart safely.



Adoration and Confession

On Tuesday evening, the youth adore Christ face-to-face during Adoration of the Blessed Sacrament. The youth are also encouraged to go to Confession which is offered during this time. These create the space for the teens to encounter Christ Himself. This night is often very impactful for teens regardless of where they are on their spiritual journey. This is the focal point of the week, as the goal of the program is simply this: intimacy with Jesus.



Thursday Evening Social

To end the program, the missionary teachers spend Thursday as a fun night with the teens. Activities can include anything that allows them to interact on a social basis, like a barbecue, pizza night, Nerf wars, dodgeball, Frisbee, volleyball, etc. This provides a good opportunity for the teachers to solidify personal and meaningful connections with the youth. Activity costs, if any, are incurred by either the parish or the teens.



The Missionary Teachers

Each Totus Tuus team consists of two men and two women who come with a passion for serving the Lord, the youth, the parish and each other.

The daily schedule of the missionary teachers revolves around the Mass and the Sacraments, as well as communal and personal prayer – a summer given entirely to God and the youth would not be fruitful otherwise. Their communal prayer includes the Liturgy of the Hours, the Rosary and the Divine Mercy Chaplet.

The missionary teachers arrive at the parish on Saturday afternoon to prepare for the program to begin Sunday evening. The missionary teachers stay at host families' homes during the week, one for the women and one for the men.

Parish Involvement

Parish Potluck

On Wednesday evening, the parish has a potluck where the children, their families, the missionary teachers and all parishioners gather. At the potluck, the missionary teachers introduce themselves to the parish and share a little about their story and the mission of Totus Tuus. To close the night, the missionary teachers lead the children in a few songs for their parents and the parishioners to enjoy. Use the flyers linked to share with your parents at the beginning of the week!

Intercessors

The experience and impact on the youth is made stronger by intercessors who pray for the missionary teachers, the youth, the pastor, the coordinators and volunteers. This provides a much-needed flood of grace and spiritual protection by which hearts can be radically changed. It is also a great way for the rest of the parish to get involved.

**Download these flyers
on our website!**



Volunteers and Safe Environment

In order to run Totus Tuus smoothly, we depend on the generosity of volunteers. They assist by setting up, cleaning, helping in the classroom, and doing other tasks as needed. All missionary teachers are given Safe Environment training before they arrive at the parish. Volunteers 18 years of age or older must be Safe Environment trained as well, and the business manager or Safe Environment Coordinator of each parish verifies that this has been completed. Totus Tuus takes the safety of the children very seriously.

The Parish is responsible for providing the proper ratio (1:14) of adult chaperones per students in the program.