

# 2025

## Empowering Young Women to Lead with Faith and Confidence

The *Seeds of Hope Young Women's Leadership Experience* is shaping the next generation of leaders across North America. Rooted in the Felician Sisters' Core Values, the program blends service, community, faith and leadership development to help high school students grow into confident, compassionate women who are ready to make a difference in the world today.

Since 2014, *Seeds of Hope* has empowered young women through spiritual growth, community service and personal development. The program has featured interactive workshops, team-building activities and service projects—each designed to inspire participants to lead with compassion, integrity and courage.

### 2025 Program Highlights

#### Faith and Spiritual Growth

Participants deepened their connection with God through prayer, daily Mass, reconciliation, adoration and meaningful rituals such as the Agape Dinner and Footwashing Ceremony. Sessions encouraged authentic self-reflection, servant leadership and trust in God's plan.



#### Leadership Development

Through engaging workshops and activities, participants explored leadership styles, servant leadership principles, personality strengths and the power of leading with authenticity, kindness and courage. Vision boarding and interactive exercises inspired them to set goals and see themselves as values-based servant leaders.

(continued on following page)

#### PROGRAM OVERVIEW

JULY 12-19, 2025

MARYVILLE RETREAT CENTER, HOLLY, MI

NUMBER OF PARTICIPANTS **25**

FACILITATORS AND MENTORS **5**



*Seeds of Hope was meaningful to me because I finally found girls like me with the same faith, drive and beautiful heart. I have found a community to support me always."*



(continued from page 1)

### Confidence and Personal Growth

Workshops focused on self-confidence, resilience, self-love and living authentically. Young women were challenged to embrace their unique gifts, overcome self-doubt and step into leadership with integrity and faith.

### Service and Community

Service was at the heart of the experience. From hands-on projects like crafting candles for ceremonies to a full day of service in Detroit, participants put faith into action. Whether sitting down and sharing a meal with the soup kitchen guests, gardening, assisting in food pantries or supporting clothing distribution, they experienced firsthand the joy of serving others.

### Teamwork and Bonding

A challenge course and collaborative service projects built unity and trust among participants. Community meals, shared prayer and reflective activities strengthened friendships and created a supportive sisterhood.

### Integration: Living What They Learn

The Seeds of Hope experience extends far beyond the week. Through reflection, service and ongoing connection with their mentors and peers, participants are encouraged to live the values they've explored—faith, leadership, community and justice—in their daily lives. Many alumni continue to demonstrate these lessons by volunteering in their parishes and schools, starting social justice projects and serving as compassionate leaders in their communities.

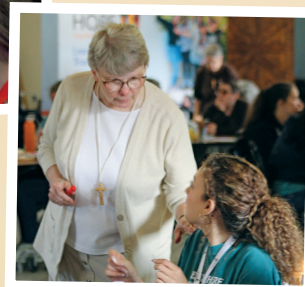
## Felician Core Values

The program emphasized the Felician Sisters' core values of respect for human dignity, compassion, transformation, solidarity with people in need and justice and peace. Through reflection and group discussion, participants connected these values to their own lives and leadership journeys.

### Defining Moments of Impact

When asked what shaped them most, participants highlighted:

- Small group time, where girls opened up and built trust.
- Service to others, which revealed the struggles of others and inspired gratitude.
- Evening prayer and reflection, where shared intentions deepened bonds.
- Encounters with the Felician Sisters, whose joy and wisdom left lasting impressions.



CAPTURED PHOTOS **2,000+**

Over 2,000 photos captured of the beautiful moments and memories made.

NEW FRIENDS **30**

Each participant made more than 30 new friends during their time at Seeds of Hope!



## Growing in Leadership and Faith

Seeds of Hope challenges participants to embrace their leadership potential now—not just in the future.

*"I learned that I am a beloved child of God, who can make a difference in this world."*

*"My leadership has grown so much—I am not afraid to speak out or voice my opinion."*

*"Seeds of Hope taught me there are many ways to lead—and all are valid."*

### Lasting Influence

Seeds of Hope is more than a weeklong program—it sparks lifelong growth.

Participants leave ready to:

- Step into new leadership roles at school and in their communities.
- Volunteer regularly and seek new service opportunities.
- Pray more deeply and live their faith with confidence.
- Carry the Felician Core Values into daily life.
- Return as mentors and peer leaders to support the next generation.



ROASTED S'MORES **200**

Participants roasted 200 s'mores around the campfire throughout the week.

LAUGHED FOR MINUTES **1,000+**

Participants laughed for more than 1,000 minutes during games, skits and spontaneous fun!

WALKED MILES **250+**

Collectively, participants walked more than 250 miles during reflection walks and nature trails!



**200** CREATED ARTS AND CRAFTS



Participants made 200 pieces of art and crafts during creative expression workshops!

## By the Numbers

(2025 Cohort Survey Results)

96% of participants agree:

- Seeds of Hope empowered me to lead with greater confidence.
- It strengthened my ability to communicate clearly and effectively.
- It deepened my sense of faith and spirituality.
- It inspired in me a stronger desire to serve others.
- I would recommend Seeds of Hope to other young women.

### Building Lifelong Leaders

Leadership development is at the heart of Seeds of Hope. Each summer, participants not only learn from inspiring speakers and mentors, but also discover their own capacity to lead. Graduates of the program are invited to step into greater responsibility through tiered leadership roles—serving as Assistants, Peer Mentors, or Assistant Coordinators. These positions allow returning participants to model collaboration, guide new participants and contribute to program planning, communications and faith-centered activities. Through these opportunities, young women grow in confidence, empathy and the ability to lead with both courage and compassion.

SHARED SMILES **500+**

More than 500 smiles were shared during group activities and team-building exercises!





## Looking Ahead

The Seeds of Hope team is already planning for next year's program, July 11-18, 2026. As we continue to grow, we are committed to nurturing the spiritual and leadership development of young women from the United States, Canada and Mexico.

We are grateful for the support of our donors, mentors and facilitators, without whom this program would not be possible. We look forward to another year of empowering young women to become seeds of hope in their own communities.

Through the generous support of Felician Sisters and sponsors, this \$1,200 program cost is only \$300 per participant. Financial assistance is available to those in need.



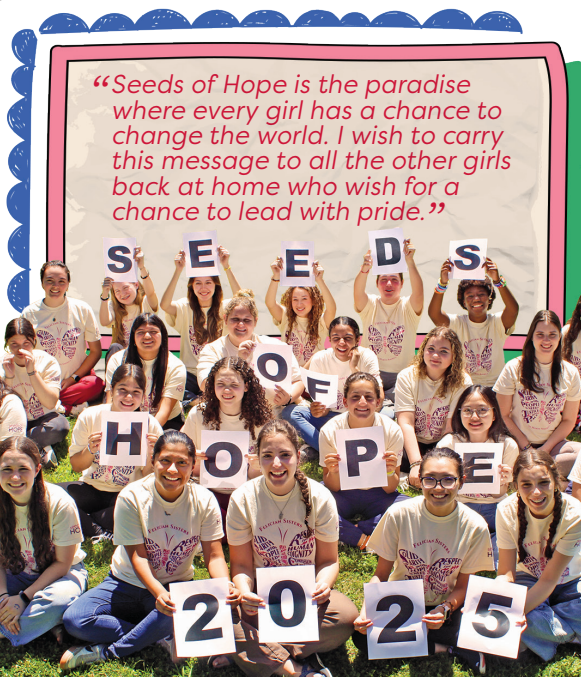
2026  
PROGRAMS  
JULY 11-18, 2026



SPONSORED BY

For more information, to request an application, or inquire about financial assistance, contact us at:

[SeedsofHope@FelicianSisters.org](mailto:SeedsofHope@FelicianSisters.org)  
724-650-7936  
[Seeds-of-Hope.org](http://Seeds-of-Hope.org)



*Seeds of Hope was meaningful to me because It showed me how something so small—the simple desire to help and serve others—can bring together such a community.”*