

# YOUNG ADULT MINISTRY STARTER KIT

## START HERE!

YOUNG ADULTS ARE IN TRANSITION, DEVELOPING AND SEEKING:



LEADERS IN YOUNG ADULT MINISTRY NEED TO ASK THEMSELVES A FEW QUESTIONS:

Who are the young adults that I know?

- Are they recent high school graduates? Recent college graduates? Still in school?
- Are they single, married, new parents, recently divorced or widowed?
- Are they transplants to a new city or town, looking for community?
- Are they seeking their vocation or discerning their call in life?

Where are these young adults in their spiritual lives?

- Do they want to serve others in the context of the Church?
- Are they interested in faith-filled friendships?
- Do they want to learn more about their faith through study?
- Are they so committed to Jesus Christ that they want to evangelize others?

## CHALLENGE: HOW WELL DO I KNOW THE YOUNG ADULTS IN MY COMMUNITY?

Have you had a meal with them, chatted after Mass or gotten to know them? Take some time to do this; it can shape your whole ministry!

ONCE YOU HAVE ANSWERED THESE BASIC QUESTIONS, YOU CAN START PLANNING YOUR MINISTRY!

## READY TO GO?

- ✓ Is your pastor on board with starting a young adult ministry at his parish?
  - Set up a meeting with your pastor and talk about the need you have identified.
- ✓ Who is your parish liaison for young adult ministry?
  - Get to know the staff at your parish.
- ✓ Who is in charge of the ministry?
  - Is it you? Is it a leadership team? Will you team up with another parish?
- ✓ What is your marketing strategy?
  - See "How to advertise YA events" (below).



- ✓ Start small!
  - Don't be discouraged if the crowd is small the first time; get to know people!
- ✓ What do the young adults want or need?
  - When you meet them, ask them what they want or need out of a young adult group!
- ✓ Reach out to the Young Adult Ministry Office for tips, resources, collaboration, information, encouragement, prayer requests, anything you need!
  - Diana Casallas Lopez | 206-382-2010

### How to Advertise Young Adult Events

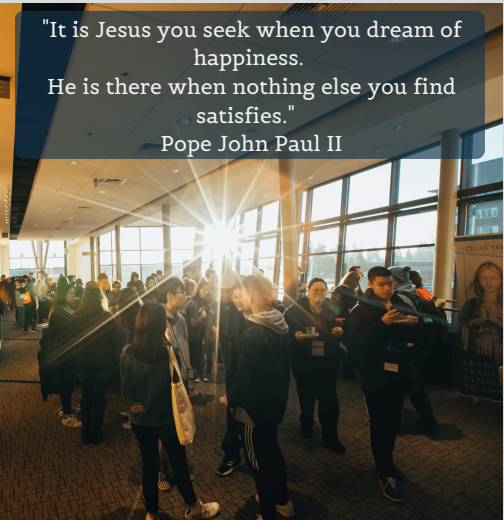
- Personal invitations are best.
- Make a young adult Facebook group (keep it public) and create events there.
- Use the parish announcements, bulletin and/or email newsletter for young adults.
- Submit events to **the Scroll**, the weekly Archdiocesan newsletter for young adults.

- ✓ Who are the young adults at your parish?
  - See "who are the young adults that I know?" (above)
- ✓ Start social!
  - Plan a simple social event to get started. See "Steps for social events".(right)
- ✓ Follow Best Practices to develop small groups and leaders.
  - Seriously, they work!

### Steps for Social Events

- 1.TIME/DAY: Go for evenings, weekends, or right around a popular Mass time.
- 2.PLACE: Situate yourself at or near the parish.
- 3.ACTIVITY: Keep it light and easy to join! Icebreakers and food always make it more fun!
- 4.FOLLOW-UP & INVITE: Collect contact information to follow-up & invite them to the next event.

## BEST PRACTICES FOR YOUNG ADULT LEADERS



"It is Jesus you seek when you dream of happiness. He is there when nothing else you find satisfies."  
Pope John Paul II

### YOUNG ADULT WEBSITE:

ARCHSEATTLE.ORG/LIVING-CATHOLIC/YOUNG-ADULTS/



WESTERN WASHINGTON  
CATHOLIC YOUNG ADULTS



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This list is sequential, but it also builds.

When you move onto the next step, keep doing the one before it.

Prayer and the Sacraments - encounter with Christ- is the foundation of everything.

- 1 **Pray** every day. Receive the **Sacraments** (Eucharist and Confession) regularly.
- 2 **Pray for your friends and young adults you meet** at your parish. Develop a heart for others.
- 3 Develop intentional, **authentic friendships**. Have fun, go deep, do what you love.
- 4 Invite your friends (from your parish or outside the parish) into a **small group community**. You can study Scripture, the lives of the saints, a Church document - anything that points you to Christ.
- 5 **Challenge your friends** in your small group community to pray daily, receive the Sacraments, pray for each other, develop intentional friendships...and if they are interested and ready, to invite their friends into a small group community.
- 6 **Respond to the needs of your community**. Participate in service opportunities, get involved in the Sunday liturgy, find experts on topics to lead a discussion, attend a retreat as a group. Check out The Scroll for other ideas!
- 7 **Pray** at the beginning and end of everything. **Pray for each other**.

### Profile of a Young Adult Leader

This list is not exhaustive, but it is a place to begin!

- Joyful disciple of Jesus Christ
- Faithful to the teachings of the Catholic Church
- Committed to continual growth in holiness and formation
- Willing to share the Gospel message and personal spiritual journey
- Available to welcome, invite, and lead others deeper into the life of the Church

### HAVE QUESTIONS? CONTACT:

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