



YAM Guide

INDEX

Overview of Young Adult Ministry	2
Who Is a Young Adult?		
Goals of Young Adult Ministry		
The Need for Young Adult Ministry		
Archdiocesan Young Adult Info	3
Atlanta YAM and other YAMs		
Archdiocesan Events		
Young Adult Groups		
Starting a YAM Group	6
Principles to Remember		
A Step-by-Step Model for Starting a YAM Group		
0-3 Months		
3-6+ Months		
Publicity		
How the YAM Office Can Help		
Types of Events		
Social Event Ideas		
Spiritual Event Ideas		
Service Event Ideas		
Suggested Speaker Topics		
Supplemental Info	15
Books and Binders		
Christian Leadership		
Archdiocesan Resources		
YAM Census	16
YAM Survey	17

Overview of Young Adult Ministry

WHO IS A YOUNG ADULT?

“Young Adulthood refers to people in their late teens, twenties and thirties; single, married, divorced and widowed; and with or without children”

Sons and Daughters of the Light, p 7, United States Catholic Conference, 1996

GOALS OF YOUNG ADULT MINISTRY

“To connect young adults with Jesus Christ, the Church, the mission of the Church in the world, and a peer community in which their faith is nurtured and strengthened”

Sons and Daughters of the Light, p 25-26, United States Catholic Conference, 1996

THE NEED FOR YOUNG ADULT MINISTRY

In 1996, The Bishop’s Committee submitted their final draft of *Sons and Daughters of Light: A Pastoral Plan for Ministry with Young Adults*, a project originally commissioned by the National Conference of Catholic Bishops in 1993. The publication provides proof of the Bishops’ concern for a large and largely missing part of the Catholic community.

“More than 40 percent of all adult Catholics in the US today (2001) are young adults, ages 18-39. They are the largest segment of the Catholic population”.

Basic Guide to Young Adult Ministry, Cusick/DeVries, p 6, 2001

“One young man we know commented that he is living in the ‘time between sacraments’ – between confirmation and marriage. That time is longer now than it has ever been. As more time passes between sacramental moments, the traditional reasons for being connected to a faith community seem to fade”. This is one of the reasons why Young Adult Ministry is being increasingly relevant and necessary.

Basic Guide to Young Adult Ministry, Cusick/DeVries, p 6, 2001

“Church and young adults should be an easy fit. They tell us they are spiritually hungry; we have the Bread of Life. They are altruistic; we have many opportunities for them to serve... They are searching for meaningful relationships and people with whom to share life.”

Basic Guide to Young Adult Ministry, Cusick/DeVries, p 8, 2001

“Let’s be realistic and honest about who most needs to be evangelized—our own Catholic people. As a church, we don’t seem to understand that point at all. The single largest group who are not active in our Catholic system are not former Catholics. They are today’s affiliative Catholics, and many of them are young Catholics.”

Basic Guide to Young Adult Ministry, Cusick/DeVries, p 10, 2001

Archdiocesan YAM Info

ATLANTA YAM & OTHER YAMS

The Atlanta Archdiocesan Office of Young Adult Ministry was started in 1996 by Janice Murphy Givens to connect single and married young adults, ages 18-40, with Jesus, the Catholic Church and one another through spiritual, social and service opportunities. Dorothy Polchinski is currently the YAM Director. We have over 4,000 young adults on our email list, and we run a variety of programs year-round. Our website is www.yam.org.

Many Dioceses around the country have YAM Offices including:

- Chicago: www.yamchicago.org
- Philadelphia: www.oyya.org/yam
- Washington D.C. <http://www.adw.org/parishes/yam yng adults.asp>
- San Francisco: www.sfyam.org/young_adults
- Cincinnati: www.catholiccincinnati.org/yamin
- Boston: www.familylifeboston.com/html/youngadult.html
- Illinois: www.dioceseofjoliet.org/yam

For a more complete list of YAM groups around the country and around the world, visit members.aol.com/yapac/links_yam.htm. Additionally, the **National Catholic Young Adult Ministry Association (NCYAMA)** exists to connect those involved with young adult ministry and is located in Washington DC. Visit their website at www.ncyama.org

ARCHDIOCESAN EVENTS

Current Events

1. **Theology On Tap:** A Wednesday night speaker series held in the summer/fall at local bars
2. **Holy Grounds:** A Wednesday night Lenten Coffeehaus speaker series previously held at local Catholic high schools, coffee shops or bread companies. Currently hosted by various parishes within the Archdiocese of Atlanta.
3. **Revive:** Large gatherings (500-1,000 young adults) inspired by our Archdiocesan Eucharistic Congress with nationally-known speakers, praise & worship music and Adoration. Held twice a year (in June and November).
4. **'Thank God It's First Friday!' Mass & Social:** First Friday Mass at different parishes each month followed by a social in their hall or at a local establishment
5. **Classes** in conjunction with Office of Adult Faith Formation including Basic Catechist Certification and Advanced Catechist Training (ACT)
6. **Leadership Retreat** for parish and organizational YAM leaders
7. **Service Projects** through various local agencies, schools, hospitals, etc
8. **Italy Pilgrimage:** 10-day pilgrimage to Rome and Tuscany
9. **Socials** at local bars or restaurants
10. **InterParish Leadership Council:** quarterly networking meetings for parish & affiliated organizations leaders

Past Events

1. **Mustard Seed Mission Trip:** Week-long young-adult mission trips to Mustard Seed Communities in Kingston, Jamaica (www.mustardseed.com)

2. **Miscellaneous** including Blues By The River, Song of Solomon, Women's Teas
3. **Spin Dating:** A singles mixer dinner dance where participants are assigned to different tables for each course of the meal

YAM Affiliated Groups

1. **Christ the King (CTK) Singles**
2. **Atlanta Catholic Sports (ACS)**
3. **SVdP Young Adults**
4. **Spirit & Truth**
5. **To Encounter Christ (TEC) Retreat**
6. **His Side on the South Side**
7. **Holy Spirit Young Professionals (HSYP)**
8. **Immaculate Heart of Mary Young Adult Ministry (IHM YAM)**
9. **On the Deck (OTD)**
10. **YAM Toastmasters**
11. **St. Brigid YAM**
12. **St. Michael's Humble Heart's**
13. **St Paul of the Cross Young Adults**
14. **Saint Catherine of Sienna Young Adults (SCYA)**
15. **St Jude Young Adults**

YOUNG ADULT GROUPS

The Archdiocese of Atlanta (www.archatl.com) is lead by Archbishop Wilton Daniel Gregory, consists of over 100 parishes and missions, and spans from Macon through all of north Georgia. Sometimes the relationship between the Archdiocesan YAM Office and parish YAM groups is misunderstood:

1. The YAM Office has no authority over parish YAM groups; the parish and priests do.
2. Our purpose is to support, publicize and advise parish YAM groups upon request. We're here to help you!
3. We do not own the YAM name. You can call you group whatever you like! (ie – Holy Spirit calls their group Holy Spirit Young Professionals while many parishes simply call their groups St. _____'s YAM.)
4. We are not a syndicate organization. You do not need to report to us, but we love to be kept in the loop.
5. There is no absolute look or shape, only a demographic for a YAM group. To qualify as a YAM group, the group should target some subset of single, married, divorced and/or widowed young adults, ages 18-40 (this is the official definition of a young adult as defined by the United States Conference of Catholic Bishops)

While many parishes do not yet have YAM groups, others have very active groups. Call the YAM office for the latest copy of the YAM Parish, Campus & Organizational Contact List. Here are highlights on some of the most active groups:

1. Christ the King (CTK) Singles Ministry

Parish: The Cathedral of Christ the King, 2699 Peachtree Rd NE, Atlanta, GA 30305
 Website: www.ctksingles.org
 Contacts: Co-Presidents: Robert Lindsay and Crystal Guthrie-presidents@ctksingles.org
 Demographic: Singles Ages 20 to Early 40's
 Size: Over 300 members; members pay \$30/year to receive weekly emails.
 History: Started in 1987

Structure: Run by executive board consisting of 21 volunteers that meets monthly and serves for a 1-year term beginning each September. Check out the 'leadership' link on the website for more details.

Events: Have events several nights per week. Major events include yearly Christmas party, Memorial Day and Labor Day beach trips, spring cabin trip and summer party. Check out the 'events' link on their website.

2. Atlanta Catholic Sports (ACS)

Parish: Archdiocesan-affiliated

Website: www.atlantacatholicsports.org

Contacts: Pat Hanna and Karen Vetter- copresidents@atlantacatholicsports.org

Demographic: Singles and Marrieds Ages 21+

Size: Over 1,500 athletes participate in ACS leagues each year; teams pay league fees

History: Started unofficially in 1998; officially established in 2000

Structure: Run by board consisting of 18 volunteers that meets monthly and serves for a 1 to 2-year term

Events: Run 7 leagues including softball, flag football, soccer, basketball, volleyball and bowling plus host a variety of adventure, social and service activities.

3. SVdP Young Adults

Parish: Not affiliated with a specific parish; the SVdP Outreach Center is located at 2050 Chamblee Tucker Road, Atlanta, GA 30341

Website: www.svdpatl.org

Contacts: Shirley D'Souza or Patrick Hannon or Philip Quinn at pg_frassati@svdpatl.org OR 770-576-4081 x129

Demographic: Singles and Married Volunteers Ages 18-40

Size: Hundreds of young adults volunteer each year

History: Started in unofficially in 1993; officially established in 1997. SVdP Conference Name - Blessed Pier Giorgio Frassati Young Adult Conference.

Structure: A core leadership team, event chairpersons and volunteers

Events: 1-Home Visits & Service - Every 2nd Saturday of the month
2-Teach ESL @ Mission de San Felipe de Jesus, Forest Park - Every Sunday
3-Thriftstore Project @ SVdP Outreach Center - Every last Thursday of the month
4- Monthly Hike - Every 3rd Saturday of the month
5-Small Christian Community Faith Sharing & Bible Study - Every 2nd and 4th Friday of the month

4. Spirit & Truth

Parish: Not affiliated with a specific parish; consider making Spirit & Truth a key component of your YAM

Website: www.sandt.org

Contacts: Martha Gaynoe- Martha.Gaynoe@sandt.org or 770.573.2397

Demographic: Singles and Marrieds Ages 18-40

Size: 4 groups in the Atlanta Archdiocese and several additional groups in other states (AL, CA, CO, FL, IL, NJ, OH, VA)

History: Started in the November 2001

Structure: Each group is run by a volunteer board consisting of 4-6 people

Events: Spirit & Truth are Eucharistic Prayer Groups that meet once a week for

praise & worship, talks and adoration. Currently 5 locations meet weekly around the Archdiocese. Hosts WOW! (Wide Open Worship) every 3rd Monday to bring groups together

5. **TEC (To Encounter Christ) Retreat Ministry**

Parish: Not affiliated with a specific parish

Website: www.yam.org/tec

Contacts: Ana Nagel at ana@yam.org or 404-885-7458

Demographic: Singles and Marrieds Ages 20-40

Size: As of JAN 2007, there have been 30 TEC Retreats in Atlanta

History: Atlanta TEC started in 1990, ministered to high school teens, and had eight retreats in 5 years. In 1995, Atlanta TEC went dormant. During this time, several members of the TEC community met monthly to pray about the future. In Nov 1996, Janice Murphy became Archdiocesan YAM Director. In Feb 1997, Janice and several other young adults went on a TEC retreat in Kentucky with the goal of getting it started again in Atlanta. Since the LifeTeen program was very strong in Atlanta, but there was no retreat program for Young Adults (YAs), the TEC community decided to adapt TEC for young adults. Our first YA TEC (TEC #9) was held Aug 1997 at Corpus Christi Catholic Church. Since then, we've had 22 TEC weekends, and nearly 900 young adults have experienced Christ through the TEC weekend.

Structure: Advisory Counsel consists of 10 members including Fr. Linus DeSantis of Kennesaw State University as Spiritual Director

Events: 2 TEC Retreats offered each year (in the spring and fall) in addition to TEC for TECers Retreat and/or workshop, Christmas Party and Summer Social

6. **His Side on the South Side**

Parish: Not affiliated with a specific parish.

Contact: Rudy Schlosser - rudyr777run@yahoo.com

Demographic: College Age / Singles and Married Ages 18- 25

Size: 15-25

History: Started in 2005

Structure: Every Wednesday in the summer, college-age students are invited to "His Side" on the Southside. There will be meaningful talks given by famous speakers about what's important in your life. We're going to talk about LOVE! As our Holy Father says in his first encyclical, "I must give to others not only something that is my own, but my very self; I must be personally present in my gift" (from DEUS CARITAS EST). Join us for Faith, Fellowship, Fun and FREE FOOD! The estate has all the hook ups!!! Basketball courts, playing fields, swimming pool, ping pong ... Jesus said "I am The Way and The Truth". His Way is The Way. His Team is The Team. Be on the Right Side. Be on His Side!

7. **Holy Spirit Young Professionals- HSYF**

Parish: Holy Spirit Catholic Church
4465 Northside Dr. Atlanta, GA 30327

Website: www.hscatl.com

Contacts: holyspirityp@hotmail.com

Demographic: Singles and Marrieds Ages 18-40

Size: Over 250

History: Started in 2005

Structure: Volunteer board consisting on a steering committee and three sub-committees

Events: The Holy Spirit Young Professional Ministry is a community of men and women, in the 20's, 30's and 40's brought together to nourish God's call to life with Him. The Young Professionals develop their potential, foster their talents and respond to the challenges of being Catholic in today's world. This ministry offers faith enrichment and brings members together in a wide range of social, spiritual, athletic and service activities. Among the activities enjoyed by Young Adults are TGIF events, happy hours, dinner with fellowship following 5:30 pm Sunday Mass, service projects, spiritual and social opportunities with other parishioners. We welcome you to invite your friends to attend our events as well -- whether they attend Holy Spirit or another church in the area, please feel free to bring them along.

8. Immaculate Heart of Mary Young Adult

Parish: Immaculate Heart of Mary
2855 Briarcliff Road NE Atlanta, Georgia 30329

Website: www.ihmyam.org

Contacts: Tatjana Krause or Chris Thomas at ihmyam@yahoo.com

Demographic: Singles and Marrieds Ages 18-40

Events: The Immaculate Heart of Mary's Young Adult Ministry is a group of single and married young adults in their early 20s to early 40s united in diversity and faith. Our purpose is to provide an opportunity for young adults to share their faith and build a home for young adults within the Immaculate Heart of Mary community. We host a variety of events that allow young adults in our parish to share their faith and experiences and make a difference in our parish community through fellowship, spiritual, service and social events.

9. On The Deck

Parish: Not affiliated with a specific parish.

Website: www.otdatlanta.com

Contacts: Mike Judge, Adam Hunt & Lisa Epperson- lisa@otdatlanta.com

Demographic: 18-25 College Age Young Adults

Size: 30-50 per week- Retreat size 50+

History: Started in 2002

Structure: Under the supervision of Spirit and Truth

Events: On the Deck is a Catholic college ministry that brings together college-age students from all over Atlanta for the summer. Our mission is to provide an opportunity for Christian fellowship and spiritual growth to college students while they are home for the summer. We have tons to offer including weekly gatherings, regional events, and an awesome retreat. Every Thursday night we gather to grill out, eat great food, and hang out with amazing people. Come and check out our new and larger location! Join us 'on the deck'.

10. YAM ToastMasters

Parish: Not affiliated with a specific parish

Website: <http://groups.yahoo.com/group/yamtoastmasters/>
 Demographic: Young Adults, 18-40
 Size: Approximately 20 members at any given time
 History: Club chartered with Toastmasters International in 2004
 Structure: Membership and Executive Board
 Contacts: yam_toastmasters@yahoo.com
 Events: Meetings are held the 1st and 3rd Thursday of every month at St. Andrew in Roswell, from 7:45 PM to 9:00 PM. St. Andrew is located at 675 Riverside Road. We're in Building D, room 202. YAM TOASTMASTERS is focused on helping Young Adult Catholics develop public speaking and leadership skills within a Catholic environment. Learn how to use techniques such as voice, language and gestures. Learn how to persuade, inspire and become a more effective and powerful communicator. Come to our next meeting to find out more. Guests are always welcome!

11. St Brigid YAM

Parish: St Brigid Catholic Church
 3400 Old Alabama Rd. Alpharetta, GA 30022
 Website: www.saintbrigid.org/custom_page.cfm?category=6&page=109&active=109
 Contacts: Stephanie Kelly – skelly19@gmail.com / 404-455-3598
 Demographic: Singles and Marrieds Ages 18-40
 History: Started in 2003
 Structure: Run by Stephanie Kelly with approval from the Parish Council
 Events: Young Adult Ministry at St. Brigid's seeks to gather all Young Adults in the parish to connect with each other, the Church and most importantly - with Christ. The Young Adult Ministry is very active in the Atlanta Archdiocese with a variety of programs, workshops, events and service opportunities. Please visit our website!

12. St. Michael's Humble Hearts

Parish: St. Michael Catholic Church
 1440 Pierce Circle
 Gainesville, GA 30501
 Contacts: Coordinator: Karen Treleven, kassia525@yahoo.com / 770- 533-4333
 Structure: Run by a coordinator, 2 co-coordinators and a secretary
 The young professionals of St. Michael Catholic Church in Gainesville, GA. As a community, they seek to learn, love, and live out their beliefs of the Catholic faith through spiritual formation, intellectual growth, social interactions, and pastoral works.

13. St. Paul of the Cross Young Adults

Parish: St. Paul of the Cross
 551 Harwell Road NW
 Atlanta, GA 30318
 We are a, primarily African-American, Catholic community of young-adults of the St. Paul of the Cross parish, a parish of the Congregation of the Passionists serving the Archdiocese of Atlanta, who provide and promote, social, service, spiritual, and theological Catholic events for, by, and of, young adults. We usually meet at 10:30 in the school cafe on the second Sunday of each month.

Contact: SPCATLWebMaster@CatholicWeb.com
www.spcatl.catholicweb.com

14. St. Catherine of Siena Young Adults- SCYA

Parish: St. Catherine of Siena
1618 Ben King Road, NW
Kennesaw, GA 30144

Established in Feb 2007, this new ministry is geared towards those in their 20's & 30's, married or single, at St. Catherine's in Kennesaw. Our events are centered around spiritual growth / faith enrichment, community service (both within the church and in the surrounding community), and fellowship. Our cornerstone event is Sunday 5:30pm mass followed by dinner at a local restaurant. Other events that will be upcoming are movie nights, group adoration of the Blessed Sacrament, bible study, and much, much more. To find out more or to get signed up to the weekly mailing list, contact:
Nicole Moers- nmoers@comcast.net / 770-917-9207
CJ Smith- christopherjsmith@excite.com / 678-343-1346

15. St. Jude Young Adults

Parish: St. Jude
7171 Glenridge Dr NE
Atlanta, GA 30328

The Young Adult Ministry at St. Jude the Apostle brings together young singles and marrieds in their early 20's to early 40's. This ministry hosts a variety of events that allow young adults in our parish to share their faith and experiences through spiritual, service and social events. We are currently growing our ministry- All are welcome and please invite friends! Contact Kathy Powell at kpowell@stjudeatlanta.net or (678) 252-5639.

Starting a YAM Group

PRINCIPLES TO REMEMBER

1. Connecting young adults with Jesus is the primary goal of good young adult ministry.
2. Remember that ministry without prayer is social work or simply a social group.
3. Don't try to do it alone. Ask at least one person to share leadership of the ministry with you. Remember that Jesus sent out the disciples two-by-two.
4. Gain the support of your parish. Request that a parish staff member who loves young adults and/or a priest be assigned as liaisons to the group. Give them frequent updates, and invite them to events.
5. Don't try to create a parallel parish; integrate into the intergenerational Church. For instance, bring a group of young adults to your parish Bible Study.
6. Personal invitation is key. "*Evangelization* means presenting the vision and tradition of our faith and inviting others to experience faith." (*The Basic Guide to Young Adult Ministry*, Cusick/DeVries, p 5).
7. Make it your primary goal to make everyone feel welcome and included. Joining a new group or coming to an event for the first time is intimidating for everyone.
8. Catechesis, presenting the teaching of the Catholic faith, is an important component to ministry.
9. Publicize! This is the trickiest and one of the most time-intensive parts. Be creative in how you spread the word about your events.
10. Network with parishes and organizations around you to plan joint events.
11. Don't put the cart before the horse by planning events before securing a leadership team. The step-by-step model outlined below will show you how to secure leadership and then plan events!

A STEP-BY-STEP MODEL FOR STARTING A NEW YAM GROUP

For established groups and new groups, we recommend going through the 0-3-month plan in an abbreviated form and establishing new leadership each year. Recruiting new young adults (which is the goal of the 0-3 month plan) to take over leadership is crucial to maintaining a vibrant group! One effective way to do this is if those in secondary leadership roles (event hosting, PR, membership, etc) take over as the group coordinators.

0-3 Months . . .

1. Get approval from your Parish Priest and Director of Religious Education (DRE)
 - a. Request a personal meeting where you can present the need for YAM and ask for their support
 - b. Bring copies of the Parish YAM Resource (you can request a copy from the YAM Office) to give to your Pastor and DRE
 - c. Request that a staff person and/or a priest who loves young adults be assigned as a liaison to the group

2. Meet with Parish Secretary
 - a. Ask for a database of young adults currently registered in your parish
 - b. Ask for a list of parish ministries and their activity level
 - c. Ask about process to make bulletin and pulpit announcements
 - d. Ask about the parish council and if you can become a member
 - e. Ask to be informed when new young adults register at the parish and/or if they can be given a young adult welcome packet (that could include the Archdiocesan YAM Calendar, Parish YAM Calendar, etc) that you will provide
 - f. Request names of newly married young adults, young adults with newly baptized children, young adults who have entered the Church through RCIA.
 - g. If there is an upcoming parish census, ask if a question can be included where people can indicate if they're interested in getting involved with the YAM group

3. Contact the Archdiocesan YAM Office so we can plug you in to our resources
 - a. We'll give you a username and password so you can enter events our website
 - b. Add you to our YAM leader's email distribution list
 - c. Add you to our monthly mailing so you'll receive YAM Calendar to give to the young adult as your parish
 - d. Try to support you in anyway possible! Let us know if you want us to attend your meeting with your parish priest and staff.

4. Find a Partner
 - a. Seek out a partner through personal acquaintances, recommendations from parish staff of young adults with leadership potential, census results, etc

5. Define Parish Make-up
 - a. Take a census (see sample census at end of this guide) over a period of approximately a month. Establish a collection point in your parish, and provide an address, fax and/or email where census cards can be returned.
 - i. Put in parish bulletin
 - ii. Leave in pews
 - iii. Make pulpit announcements
 - iv. Personally hand-out after Mass
 - v. Post on parish bulletin boards or leave on table at church entrance
 - vi. Give to each parish group and staff member to give to at least 2 potential leaders

6. Gather and review all info
 - a. Combine database and census cards into a workable list
 - b. Highlight potential leaders (as identified by priest or parish staff or those young adults who answered 'yes' to being interested in taking on a leadership role on census cards)
 - c. Based on results, decided what age range, marital statuses you want to target
 - i. Do you want to target singles, marrieds, or both?
 - ii. Do you want to target 18-40 or a subset of this age range?

7. Meet with staff liaison and/or priest
 - a. Invite someone from Archdiocesan office to join you for this meeting
 - b. Present your findings (# of census cards, # of young adults in database, average age, etc). This is a great chance to show the need for a young adult group in your parish.
 - c. Ask for recommendations of potential young adult leaders from census cards. Later add these people to your potential leaders list.
 - d. Let them know which age range/marital status you've decided to target and see if they agree
 - e. Ask for a recommendation about if you should move forward with a parish group or pursue a regional model with neighboring parishes
 - f. Ask about available parish resources (ie: stipend, budget, etc)?
 - g. Ask if it's possible to host kick-off event at pastor's house? If not, how about the parish hall?

8. Compile list of 20-50 people that you want to invite to take on leadership roles from your highlighted list of potential leaders. Make sure the group has diverse talents and backgrounds. These people will be the foundation for your group, and it's important that they are the right people. As *The Basic Guide to Young Adult Ministry* says, "a young adult group is only as good as its leadership" (p 42).

3-6+ Months . . .

9. Coordinate kick-off meeting, ideally at someone's house. Meeting goal is to determine calendar of events for next 3-6 months and establish a leadership team.
 - a. Personally call to invite the 20-50 people
 - i. Realistically, hope to get 6-20 people to actually attend. If less than 6 come, you might need to re-evaluate, spend more time recruiting leaders, etc
 - b. In preparation, bring Archdiocesan YAM Calendars, 3-6 month calendar templates to be filled in at meeting, census list, nametags, refreshments, icebreakers, list of potential events (p 10), and leadership wish-list.
 - i. Possible Leadership Wish-list
 1. 2 Coordinators (who should have been identified in the first 3 months – not at this kick-off meeting!)
 2. 1-2 Membership (create and update database, sign-up new members at events)
 3. 1-2 PR/marketing (create calendar, advertise in parish bulletin, send out emails, post events on YAM site, etc)
 4. 2 Hosts per Event
 5. Treasurer

10. At The Meeting

- a. Give people a chance to meet each other. Start with icebreakers.
- b. Give an overview of what's already going on in the Archdiocese (existing Archdiocesan programs, Atlanta Catholic Sports (ACS), Spirit & Truth, etc) and the vision for your parish YAM Group
- c. Give everyone the opportunity to share their ideas
- d. Ask for 3-6 month commitment
 - i. Ask for volunteers to take on leadership roles listed above in 9.b.i.
 - ii. Ask for volunteers to call a group of people on the census list letting them know about the new YAM group and inviting them to kick-off event (Ideally, split up the census list among everyone).
- e. Fill in the calendar template with 3-9 events that the group wants to host over the next 3-6 months. Find 2 co-hosts per event. Event suggestions include:
 - i. A kick-off event
 1. Held no sooner than 6 weeks after this meeting to give you plenty of time to call everyone on the database and advertise your new group
 2. Should be a social event held at the parish. An example could be a picnic at the priest's residence.
 3. Bring YAM Survey (p 15), nametags, music, food, etc, and have plenty of greeters to welcome people
 - ii. An ongoing event (ie – dinner after every 2nd and 4th Sunday Mass or a Small Faith Sharing Group)
 - iii. A combination of social, spiritual, service and speaker/studies events
 - iv. Consider carpooling or meeting at Archdiocesan events or getting together a team from your parish for an Atlanta Catholic Sports (ACS) league

Event Notes:

- v. The event co-hosts are responsible for sending finalized details (name of event, place including address, time, description, cost, contact person, phone, email, etc) to PR-chairs and co-chairs
- vi. Every event should pay for itself. Figure out appropriate cover (ie \$3 or \$5) to offset costs.
- vii. Possible volunteer tasks per event:
 1. Decorations, set-up, clean-up
 2. Hospitality/Greeting (always have nametags on hand!)
 3. Food prep and serving
 4. Music, Photographer

11. Decide on follow-up plan

- a. Your leadership team should meet monthly (possibly after Sunday Mass)
- b. Formulate a concrete plan (at least 3 different ways) to advertise your new YAM Group (see suggestions under *Publicity*)
- c. Touch base with staff liaison and priest; invite to your kick-off

12. Further Tips

- a. Always begin and end your meetings and events with prayer
- b. Give your pastor and church staff frequent updates to gain and maintain their support. Sending a short email after an event with a quick summary of how it went and how many attended is always a good idea. This way they'll continue to see the need for YAM.

PUBLICITY

This is one of the most crucial parts! You will need to spend a significant amount of time and energy on publicity, especially initially, to grow your YAM group. Here are some suggested ways to spread the word about your group's events:

- Specifically define who a young adult is when you advertise; people often get confused and think teens
- Personal invitation is always most effective. Initially call everyone on your database – split up the names between your group leaders so this isn't overwhelming! If someone isn't home, leave a message. Have a specific upcoming event in mind to invite them to.
- After each event, call the newcomers to let them know you were glad they came and hope that they continue coming!
- Put together a calendar of events. On one side, include a calendar of your parish events for the next 1-3 months and a section highlighting major upcoming Archdiocesan events. On the other side, highlight one of your large upcoming events (ie – your kick-off event).
 - Personally pass out this calendar after Mass (Pass out to everyone! If they're not a young adult themselves, they're most likely the parent, grandparent, coworker, or sibling of a young adult.)
- Leave fliers at local places that young adults frequent including coffee shops, bookstores, Laundromats, gyms, apartment mail boxes, movie theatres, etc
- Maintain an Email List of all young adults who come to events. Send out monthly or weekly event emails and possibly even include some Catholic teachings (ie – after the Pope's death, you could send out information on how a new Pope is chosen)
- Ask your parish staff if it's possible to put announcements in you parish bulletin, stuff bulletins with fliers and/or make pulpit announcements (specifically at the Masses with the largest number of young adults)
- Ask your parish to tell newly-registered young adults about YAM (maybe even put together a YAM Welcome packet including your calendar and the Archdiocesan YAM calendar that can be given out). Also ask to be given their contact info so you can personally call to welcome them.
- Send bulletin announcements to neighboring parishes if you wish to invite their young adults.
- Always census cards at events for new people to fill out.
- Send events to the Archdiocesan newspaper, *the Georgia Bulletin*, which circulates to over 80,000 homes, at editor@georgiabulletin.org to include in their "Bulletin Notes". Events need to be submitted at least 2 weeks prior to when you'd like them to appear, and the info should be kept to only a few sentences in length.

HOW THE YAM OFFICE CAN HELP PUBLICIZE YOUR EVENTS:

- **YAM WEBSITE**

We'd love to have you advertise via the YAM website (www.yam.org)! Contact the YAM office to request a username and password. After you enter an event, we'll receive an email to approve the event. We rarely decide not to approve an event; this email is so we're aware that a new event has been added. Events can be added to the website at anytime.

- **NEWSLETTER**

The YAM Office mails out a monthly newsletter to YAM Leaders and parishes. This mailing includes the newsletter and current event fliers. The newsletter is generally mailed out the last Friday of each month. The deadline to send in events for the upcoming month's newsletter is 10 days prior. If you'd like any of your event fliers included or one of your events highlighted on the front or back of the calendar, contact us 10 days before the end of each month. We'll even make the copies! If you'd like additional copies of the calendar to give to your group, let us know that also.

- **EMAIL**

The YAM Office also includes all events on the YAM website in a weekly email which reaches over 4,000 young adults!

TYPES OF EVENTS

Strive to host a mix of spiritual, social and service events. In addition to hosting your own events, consider carpooling to YAM events such as *Theology On Tap*, *Holy Grounds* or *TGIFFs*. Below are some event ideas.

The argument for social events: "Until they have a good experience, it is difficult to attract young adults to prayer-driven events (retreats, special Masses, small faith groups). Although young adults are deeply spiritual, they express little interest in *churchy* things. They simply might be seeking to gather with people their age who share their values, and they know that church groups can attract good people. For this group, church-sponsored social events might be a better place to start". (*The Basic Guide to Young Adult Ministry*, Cusick/DeVries, p 19)

Social Event Ideas:

- Movie Nights (pick a movie from Vatican's Top 45 www.usccb.org/fb/vaticanfilms.htm; the YAM Office has some movies you can borrow)
- Wine Tasting Party
- Trivia Nights (possibly make the questions religious)
- Game Nights
- Potluck Dinner/BBQ
- Happy Hours or Social at Local Bar/Restaurants
- Martini's at I-Max at the Fernbank Natural History Museum
- Jazz at the High Musuem
- Hiking, Rafting or Other Outdoor Activities
- Laser Show at Stone Mountain
- Picnics or Field Day in the Park
- Screen on the Green
- Groups Nights on the Town to Comedy Club, Concert, etc

- Pizza and Beer Night
- Braves Game or other Sporting Event
- Intramural Sports (visit the ACS website at www.atlantacatholicsports.org)
- Holiday Parties
- Roller/Ice Skating
- Dance Lessons
- Indoor Rock Climbing at Atlanta Rocks
- Job/Professional Networking
- Sports Bar to Watch a Game
- Tennis Round Robin
- Scuba Lessons
- Painting Pottery
- Progressive Dinner
- Extreme Bowling
- Visit the Atlanta Botanical Garden
- Groups weekend trips to mountains, beach, etc

Spiritual Event Ideas (*Many of these events can be held at someone's home and dinner can be served first*):

- TGIFF Mass & Social (Just let the YAM Office know if you'd like to host a specific month's TGIFF! We'll let you know which month's need hosts and send you the TGIFF Planning Guide.)
- Ask Father Anything Night
- Mass followed by out for brunch or dinner
- Retreats (Consider checking out TEC (To Encounter Christ): www.yam.org/tec)
- Spiritual Book Group (contact the YAM Office for a list of recommended books)
- Relationships/Dating/Marriage Workshops such as *Song of Solomon*, *Power of Passion* or *Finding the Love of Your Life*
- Small Faith Groups
- Rosary Group
- Current Events, Current Church Topics, or Ethics Discussions
- Prayer Workshops
- Bible Study
- Nights of Reflection
- Guest Speakers (see suggested topics below)
- Catholic 'Basics' Class
- Praise & Worship
- Eucharistic Adoration
- Stations of the Cross
- Day or Weekend Pilgrimage to Mother Angelica's Shrine, EWTN, etc

Service Event Ideas:

- Habitat for Humanity
- Pick a St. Vincent DePaul Project (www.svdpatl.org)
- Pick a Hands On Atlanta Service Project (www.handsonatlanta.org)
- Work the Soup Kitchen or Night Shelter at the Shrine Downtown
- Bingo or Sing-a-long with Seniors; possibly bring your pets
- Atlanta Community Food Bank (www.acfb.org)

- Contact your parish to see if they need help (ie – polishing pews, decorating for the holidays, cleaning up church grounds, baking for an upcoming event, etc)
- Tutoring Underprivileged Kids
- AIDs Ministry Work
- Mission Trips (ie Mustard Seed Communities at www.mustardseed.com, Amigos for Christ at www.amigosforchrist.org, or Mission Honduras at www.missionhonduras.com)
- Special Olympics Georgia (www.specialolympicsga.org)

Suggested Speaker Topics:

- Spirituality versus Religion
- Psychology and Religion
- Religious Freedom
- Religious Movements (ie – New Age movement, Fundamentalism/Born-Again Christians, Jehovah's Witnesses, etc)
- Overview of World Religions
- Why Be Catholic
- The Basics of the Faith (Sacraments, The Creed, Church History, The Bible, The Mass, etc)
- Jesus (Who was He? What was His purpose? What does He ask of us?)
- End of the World
- Celibacy (Is this biblical? Is it natural? Is it reasonable?)
- Holy Days and Feast Days
- The Saints
 - Incorporate videos of the saint's lives
- The Pope and Infallibility
 - Pope John Paul II
- Role of the Laity
- The Eucharist and Eucharistic Adoration
- Mary
- Angels
- The Devils and Demonology (Does the devil really exists? How do evil spirits work?)
- Purgatory
- Heaven and Hell
- Salvation
- Dating, Relationships and Marriage
- Friendships
- Conversion Stories or Personal Testimonies
- The Protestant Reformation
- Apparitions (Have people really appeared from heaven?)
- The Crusades
- The Inquisition
- 12 Step Programs and Faith (Practical ways to handle life's challenges)
- Healing
- Prayer (What is it? Why is it important? How do we pray? Different forms...)
 - The Rosary
 - Novenas
 - Praying Scripture
- Religious Life (What is it like to be a priest, brother, sister or deacon?)
- Vocation, Listening to God's Call, Discerning God's Will

- The Virtues
- The Gifts of the Holy Spirit
- Charisms of the Holy Spirit
- Stations of the Cross
- Meditation (How can we meditate? Is this something that Christians do?)
- The Beatitudes
- Devotions
- What is interior life? (How to nourish it? What does a life of prayer mean?)
- Divorce/Annulments
- Homosexuality
- The Roles of Men and Women in the Church
- Abortion
- Contraception/Natural Family Planning
- Stem Cell Research
- In-Vitro Fertilization
- Capital Punishment
- Social Justice
- Euthanasia
- Organ Donation
- Cremation
- The Great Population Hoax (Are we really overpopulating the planet?)
- Creation and Evolution
- Liturgy and Beauty (What is good worship?)
- Spirituality for Busy People
- Catholicism in the 21st Century (Is Church teaching still relevant and realistic?)
- Evangelism (Talking to your friends about your faith)

Supplemental Info

BOOKS AND BINDERS

- “The Basic Guide to Young Adult Ministry” by Fr. John C. Cusick and Katherine F. DeVries, Orbis Books, 2001
- *Fr. Cusick is the Director of Young Adult Ministry and Katherine DeVries is the Associate Director for the Archdiocese of Chicago.*
- “Becoming a Young Adult Responsive Church”, A Guide for Implementing Sons and Daughters of the Light, Center for Ministry Development, 203-723-1622.
www.cmdnet.org, 1997
- “Sons and Daughters of Light: A Pastoral Plan for Ministry with Young Adults”, United States Catholic Conference, Inc., 1996
- “Trainer’s Kit for Developing Ministry with Young Adults”, A Project of Ministry with Young Adults – A National Catholic Initiative. A Publication of the Center for Ministry Development, 1999
- “Young Adult Works”, Center For Ministry Development (Available in 5 binders or on CD-ROM), 2001

CHRISTIAN LEADERSHIP

- “In The Name of Jesus” by Henri Nouwen, Crossroad Publishing Company, 1989
- “Heroic Leadership” by Chris Lowney, Loyola Press, 2003

ARCHDIOCESAN RESOURCES

These resources are included at the end of this guide. You can modify them to best fit the needs of your group:

- YAM Census Card
- YAM Survey

Contact the YAM Office for the latest copy of these resources:

- YAM Parish, Campus & Organizational Contact List
- Catholic Resource List of Books, Bookstores, Websites, Periodicals, Radio Stations
- Parish YAM Resource (to give to priest & staff)
- TGIFF Planning Guide
- Spin Dating Manuel

CONTACT US

- Dorothy Polchinski, Director of Young Adult Ministry
404-885-7248- Direct
404-885-7473- FAX
Email: Dorothy@yam.org
Website: www.yam.org
- Ana Nagel, Program Coordiniator of Young Adult Ministry
404-885-7458- Direct
404-885-7473- FAX
Email: Ana@yam.org
Website: www.yam.org

(Insert your parish name)
Young Adult Census Card

For anyone single or married, age 18-40

Name: _____

Today's Date: _____

Parish: _____

Are you registered in this parish?: Yes No

Would you like to be? Yes No

E-Mail: _____

Home Phone: _____

Cell Phone: _____

Work Phone: _____

Address: _____

Gender: M F Date of Birth: _____

Marital Status: _____ # Children: _____

Occupation: _____

Talents, Interests, Etc: _____

- Sign me up for the parish YAM email list!
- Sign me up for the Archdiocesan YAM email list (www.yam.org)!
- Yes, I want to help with YAM!:

 _____ Leadership (Hosting Events, PR, Membership, Finances, etc)

- __ Planning of Topics, Speakers, etc __ Hospitality
- __ Decorations/Set-Up/Clean-Up __ Food Serving/Preparation
- __ Computer/Data Entry/Website __ Music (which instrument? _____)
- __ Public Speaking (Master of Ceremonies) __ Sound & Lighting
- __ Other: _____

*Thank You! Please return at Mass in collection basket, at an event,
or to _____ (mailing address, fax and/or email)*

(Insert your parish name)
Young Adult Census Card

For anyone single or married, age 18-40

Name: _____

Today's Date: _____

Parish: _____

Are you registered in this parish? Yes No

Would you like to be? Yes No

E-mail: _____

Home Phone: _____

Cell Phone: _____

Work Phone: _____

Address: _____

Gender: M F Date of Birth: _____

Marital Status: _____ # Children: _____

Occupation: _____

Talents, Interests, Etc: _____

- Sign me up for the parish YAM email list!
- Sign me up for the Archdiocesan YAM email list (www.yam.org)!
- Yes, I want to help with YAM!:

 _____ Leadership (Hosting Events, PR, Membership, Finances, etc)

- __ Planning of Topics, Speakers, etc __ Hospitality
- __ Decorations/Set-Up/Clean-Up __ Food Serving/Preparation
- __ Computer/Data Entry/Website __ Music (which instrument? _____)
- __ Public Speaking (Master of Ceremonies) __ Sound & Lighting
- __ Other: _____

*Thank You! Please return at Mass in collection basket, at an event,
or to _____ (mailing address, fax and/or email)*

(Insert your parish name)
YAM (Young Adult Ministry) Survey
 For Anyone Single or Married, Ages 18-40

1. What would you like to get out of participation with a group like YAM?

Find a community of peers _____ Learn more about my faith _____
 Social activities _____ Service opportunities _____
 Other _____

2. Please circle things that you'd enjoy doing with the Young Adult group:

- | | | |
|--|---|---|
| Movie nights | Retreats | Relationships workshops |
| Trivia nights | Guest speakers (Spiritual) | Intramural Sports |
| Get Together Games nights | Catholic "basics" class | Ethics discussions |
| Designated Happy Hour (at a bar) | Catholic Traditions class | Community service activities |
| Potluck dinners/BBQs | Prayer Workshops | AIDS ministry work |
| Braves games/sporting events | Group Bible study | Pro-life activities |
| Picnics in the park | Spiritual Book group | Archdiocesan events |
| Pizza and beer nights | Small Faith Groups | Holiday parties |
| Group Nights on the town to comedy clubs, concerts, etc. | Current events or current church topics discussions | Group weekend trips to mountains, beach, etc. |

Other Suggestions: _____

3. Generally, for short programs (1-2 hours) I'd prefer to meet:
 Weeknights _____ Sunday Nights _____ Sunday Mornings _____ Friday or Saturday nights _____

4. Which Mass do you prefer? _____

OPTIONAL:

Name: _____

E-Mail: _____ Phone: _____

Address: _____

____ Yes! Please put me on the parish YAM email list. I'd like to get emails about upcoming events.

____ Yes! Please put me on the Archdiocesan YAM email list (www.yam.org).

____ Yes! I want to help with YAM.

Please turn into the Survey box at the back of the church, at an event, or to the YAM Office -680 West Peachtree Street, NW Atlanta, GA 30308
 Thanks for helping us build the Young Adult group!



January 22, 2006

Dear Parish Priest and Staff,

The Archdiocesan Office of Young Adult Ministry (YAM) is excited about the possibility of the formation of a new young adult group in your parish!

The United States Conference of Catholic Bishops defined young adults as people “in their late teens, twenties and thirties; single, married, divorced and widowed; and with or without children” (*Sons and Daughters of the Light*, 1996). This publication provides proof of the Bishops’ concern for a significant and largely missing part of the Catholic community. As stated in *The Basic Guide to Young Adult Ministry* written by Fr. John Cusick and Katherine DeVries of the Archdiocese of Chicago, “More than 40 percent of all adult Catholics in the US today (2001) are young adults, ages 18-39. They are the largest segment of the Catholic population.”

Attached to this letter is some additional information on ministry with young adults including an overview of *Sons and Daughters of the Light*, Developmental Tasks of Young Adults, Principles for Ministry with Young Adults, and some questions to help determine if your parish is young adult friendly.

Our office is here to help you! Please don’t hesitate to contact us.

Sincerely in Christ,

Dorothy Polchinski
Director of Young Adult Ministry
404-885-7248
dorothy@yam.org

An Overview of *Sons and Daughter of the Light*

1. WHAT IS A NATIONAL PASTORAL PLAN?

There are several categories of documents produced by the NCCB/IJSCC requiring approval by the body of bishops. These include pastoral letters, formal statements, and pastoral plans of action. A *pastoral letter* is a teaching statement of a national conference of bishops for the people of a particular country (ie: *Economic Justice for All*, and *The Challenge of Peace*). The recently released documents on the family and laity, *Follow the Way of Love* and *Called And Gifted For The Third Millennium*, are examples of *pastoral statements*. A *pastoral plan* is a document which urges concrete action and calls for the commitment of resources in implementation of the plan at the national, diocesan and parish or local level. It is above all a strategy for pastoral ministry.

2. HISTORY OF THE PLAN FOR MINISTRY WITH YOUNG ADULTS

In November 1993, the National Conference of Catholic Bishops' Committee on the Laity proposed to the general assembly of bishops that a national pastoral plan of action be developed to respond in a more intentional way to the faith formation of people in their twenties and thirties. The Laity Committee's actions were in response to several requests from young adults and young adult ministers following World Youth Day '93 in Denver. The Laity Committee formed a steering committee and timeline to guide the writing of the pastoral plan. A national consultation was held in fall 1994 that brought young adults and leaders of organizations together to react to an initial outline of the pastoral plan. This was followed by two other listening sessions. The information gathered during these sessions was included in the initial outline of the pastoral plan. During the first six months of 1995, bishops were invited to hold town hall meetings and other gatherings with young adults. Over 60 dioceses accepted the committee's invitation and held meetings. The results of these gatherings were used to develop the first draft of the pastoral plan in September 1995. A limited consultation on the first draft was sent to the Laity Committee for their discussion and approval in June 1996. The Laity Committee then forwarded the approved draft to the Administrative Committee prior to its presentation for discussion and vote by the body of bishops at the November 1996 general meeting, where it was passed with very minor changes.

3. PURPOSE AND OVERVIEW OF THE PLANS

The United States bishops are very aware that life today is different from previous years. The bishops recognize the changes and realize they require a significant outreach and ministry to and with young adults. The bishops also realize they must continue the work of Christ in handing on the faith to the next generation. This plan intends to accomplish three things:

1. To encourage members of the Church to invite and welcome young adults into the life of the Church and to develop "young adult friendly" communities that strengthen the Church's relationship with its' younger members
2. To describe the life situation of young adults so that the Church can effectively respond to their needs and concerns
3. To develop a holistic and workable plan of action for ministering with people in their late teens, twenties and thirties

4. GENERAL OUTLINE OF THE PLANS

The 5 part plan also includes a prayer for Young Adults and listing of resources and national organizations at the end:

1. The Preface (A Message to Young Adults from The US Catholic Bishops)
2. The Introduction (Why they are issuing the plan and the intended audience)
3. Part One: The Young Adult (Developmental Tasks of Young Adults)
4. Part Two: The Vision of Faith (Explains our baptismal call to holiness, community & service)
5. Part Three: A Plan For Ministry (Includes goals, principles, strategies & suggestions)
6. Part Four: The Diocese, Campus and Catholic Organizations (Calls for collaboration)
7. Part Five: Implementation (Ten suggestions on how to implement this plan)

Developmental Tasks of Young Adults

Young Adults defined as those between 18 and 40 years of age.

1. DEVELOPING A PERSONAL IDENTITY

- **Forming an Identity:** Identity is formed through interaction with others and with life experiences. In adolescence, the achievement of self awareness begins to take place; in young adulthood, integrating this new sense of self into society with integrity occurs.
- **Achieving Autonomy:** Autonomy implies self sufficiency and some degree of independence. Young adults begin to rely on their inner selves rather than on approval or advice from others. They begin to take control of their lives while balancing their needs with the needs of others. They are capable of admitting their need for others because they've developed a deeper sense of their own worth and their ability to be of service to others.
- **Developing and Implementing Values:** Young adulthood is when values learned from adolescence are chosen, clarified and solidified. Part of this process may involve temporary rejection of traditional values, a genuine searching style of faith, and even moral relativism. Eventually young adults commit to a set of values which makes sense to them, but this task may not be completed until mid-life.

2. DEVELOPING RELATIONSHIPS:

- **Making Friends and Developing Intimacy:** A key issue for young adults is developing friendships that last. Young adults develop the capacity to achieve true intimacy. The qualities which young adults internalize in developing the capacity for intimacy include: firmness, loyalty, strong mutual support, a shared view of the world, mutual self disclosure, and shared vulnerability.
- **Integrating Sexuality into Life:** Young adults are asking who they are sexually, how they relate in healthy and moral ways as sexual persons, and how their values contribute to their sexual selves. They are also looking at male and female roles, trying to weed out stereotypes and embrace what is real. In this stage, they move from the narcissism of adolescence to mutuality in their relationships with others.
- **Choosing a Marriage Partner or Other Vocation:** Single life, religious life, and priesthood are all options for young adults. If marriage is chosen, they must develop the ability for shared decision making, to deal with conflict and disagreement, to work towards mutual goals, to sacrifice or postpone personal gratification for a higher goal, to balance family and career, and to communicate in an open and honest manner.
- **Learning How to Use Leisure Time:** Leisure time is highly valued by young adults. By experimenting with different ways of using leisure time, young adults learn more about socializing, relaxing and renewing. This translates into a desire and willingness to make a contribution to Church and society. Effective use of leisure time can help young adults achieve competence in many of the other developmental tasks they face.

3. DEVELOPING A MEANING OF WORK:

- **Making Initial Job or Career Choices:** This task involves finding a career that will bring personal satisfaction utilizing the gifts and talents of the young adult. Young adults tend to see work as a means to an end, rather than an end in itself. Also, many young adults will change careers several times, often involving moves to unfamiliar areas.
- **Becoming Competent:** Now more than ever, adults cannot function in society without competence, the ability to accomplish goals and feel capable. Young adults need social and emotional competence, which they can obtain by developing their interpersonal skills. They also need competence in knowing how to live with the structures that make up our society. Without competence, young adults experience feelings of loneliness, inadequacy, and powerlessness.

4. DEVELOPING A SPIRITUAL LIFE:

- **Becoming an Active Community Member and Citizen:** Young adults bring the idealism of late adolescence to their growing world view. Two pitfalls involved in the task of becoming a contributing member of society are naiveté (which overlooks reality) and cynicism (which blocks compassion). What young adults hopefully grow into is a “realistic optimism” in which idealism is tempered by the wisdom of knowing what actually can be accomplished. Joining voluntary organizations, doing community service, and becoming active members of a parish are ways young adults live out this task.
- **Faith Development:** Faith development is a critical part of young adulthood. The Church has come to recognize the lifelong nature of the faith journey, but specific pieces of that journey usually occur in young adulthood. John Westerhoff’s philosophy of faith development places most young adults in the searching style of faith. They may have one foot still in affiliative faith (the style which says, “I believe because the important people in my life believe”), or may have moved one foot into owned faith (the style which says, “I believe because I freely choose to believe and this makes sense for my life”). But young adult faith is characterized by asking deeper questions and searching for answers to help make sense of young adults’ lives. Some young adults go through searching in a completely interior way. Observers would never know that these individuals are questioning because their activities and outward attitudes seem the same. Most people, however, go through an observable period of searching faith. They may reject organized religion temporarily, try different lifestyles, embrace various causes or ideologies, or challenge the traditions of their family religion. The searching style is a legitimate style of faith, and necessary to the process of coming to own one’s faith. It should be seen as a healthy part of the faith development of late adolescents and young adults. Giving young adults the freedom to explore within this style is more likely to lead to the style of owned faith which is our goal for all the young people with whom we minister.

PRINCIPLES FOR MINISTRY WITH YOUNG ADULTS

*From "Sons and Daughters of the Light"
Ministry with Young Adults: A National Pastoral Plan*

The following principles are offered to guide the development of effective ministry with young adults. Keep these in mind when planning new pastoral initiatives or evaluating current ministries.

- 1 . Young adults internalize their beliefs and values within a supportive community and live their vocation in the world.
2. Young adults seek opportunities for relationships with their peers and experiences which are intergenerational and multi cultural.
3. Young adults understand the message of faith and the traditions of the Church when these are communicated through words, symbols, and activities that relate to life experiences.
4. Young adults respond positively when the Church invites their participation and engages them in the planning of activities for the spiritual life of the community.
5. The Church meets young adults where they are present: the workplace, the home, the campus, and the civic community.
6. Effective ministry invites young adults into the life of the Church and collaborates with them to identify specific initiatives for the young adult community.
7. Effective ministry assists young adults to become spiritual people, thereby developing a holistic and healthy understanding of life, and deepening one' s relationship with God
8. Effective ministry provides young adults with constructive opportunities to ask questions and search for answers guided by the teachings and tradition of the Church.
9. Effective ministry with young adults engages them in peer ministry and family ministry when they are married and with children..
10. Effective ministry acknowledges, understands, respects, and celebrates the cultural diversity of individuals and communities.
- 11 . Effective ministry facilitates and engages young adults in an awareness of and invitation to the work of justice. peace, and compassion.
12. Effective ministry includes the commitment of necessary resources for the evangelization, catechesis, and pastoral care of young adults.

HOW “YOUNG ADULT FRIENDLY” IS OUR PARISH?

IS OUTREACH TO YOUNG ADULTS IN MY PARISH DONE THROUGH:

- Personal invitations to young adults to register
- The registration process itself being a welcoming experience
- Making young adults feel part of the community
- Continually welcoming young adults
- Special welcomes at Christmas and Easter
- Recognizing the opportunity to welcome young adults at weddings, baptisms, rehearsals, etc.

IS SACRAMENTAL PREPARATION YOUNG ADULT SENSITIVE:

- Marriage preparation includes welcoming and ministering to the couple's needs as young adults
- Baptismal prep is seen as an opportunity for young adult ministry

IS THE PARISH MADE AWARE OF THE CONCERNS OF YOUNG ADULTS THROUGH

- Regular mention in the parish bulletin
- Homilies that use stories from young adults' lives
- Parish council meetings and parish planning sessions include young adult issues on their agendas

DOES THE PARISH MAINTAIN CONTACT WITH YOUNG ADULTS WHO ARE AWAY AT COLLEGE, OR IN THE MILITARY:

- Sending them copies of the parish bulletin
- Sending them birthday or Christmas greetings
- Special gatherings for them when they're home for holidays and vacations
- Sending them information on their schoolmates

ARE YOUNG ADULTS KEPT IN MIND WHEN PLANNING LITURGY:

- Awareness of the later hours and different schedules young adults keep
- Sensitivity to young adults' desire to be with each other
- Awareness of their presence in the music

ARE YOUNG ADULTS VISIBLE AND ACTIVE IN THE PARISH LITURGY AS:

- Eucharistic & ministers
- Lectors
- Ushers and ministers of hospitality
- Ministers of music

ARE YOUNG ADULTS INCLUDED IN LEADERSHIP ROLES AS:

- Members of the parish council
- Members of parish committees

DO YOUNG ADULTS HAVE THE OPPORTUNITY TO MINISTER TO ONE ANOTHER

- Active support from the parish staff
- Regular recognition of their presence and importance
- Financial support for the training of young adult ministers