What's Working
IN YOUNG ADULT MINISTRY

BUILD A COMMUNITY, NOT A PROGRAM
- Move from events-based programming to small groups and 1-on-1 ministry.
- Get to know the people you serve through listening and accompaniment.
- Create space for meaningful encounters: focus on creating an environment where young adults can connect, converse, and grow in faith together.

GET YOUR PASTOR AND PARISH ON BOARD
- If your pastor is not supportive of young adult ministry, it will not happen.
- Parishioners are essential to bringing young adults into the parish community.

REMEMBER THAT YOUNG ADULT MINISTRY IS NOT ONE-SIZE-FITS-ALL
- The USCCB defines "young adult" as anyone age 18-39.
- The needs of this age group are as unique and diverse as they are.

SET A VISION AND DECIDE YOUR MEASURE OF SUCCESS
- We need new metrics! Numbers aren't everything.
- Once you decide what success will look like for your parish, you can accurately assess your progress and your obstacles to success.

EMPOWER YOUNG ADULTS TO BE LEADERS IN THEIR OWN MINISTRY
- Young adults have beautiful gifts to share with the community.
- If they build it, they will come.
- Mentorship NOT micromanaging

BE A LEADERSHIP TEAM ROOTED IN PRAYER
- You cannot give what you do not have.
- You cannot model what you do not practice.
- We place our ministry under God's power, not our own.
Ministry Ideas
FOR YOUR PARISH

SACRAMENTS
- Marriage preparation: Sponsor couples, group night with engaged couples
- Baptism preparation: "Adopt-a-family" where young couples can see the faith lived out within the home of another family; conversation rather than classroom setting
- Access to adoration and confession before or after work

PROGRAMS USED BY OUR PARTNER PARISHES
- Alpha
- FORMED
- The Chosen + accompanying Bible study
- Adventure Challenge Book (for team building)
- Weekly Bible study focused on the upcoming Sunday’s readings

SEASONAL EVENTS
- Small groups for Lent or Advent
- Potluck-style Friendsgiving
- Ugly Christmas sweater party
- Advent reflections booklet written by young adults

SOCIAL IDEAS
- Dinner at the rectory
- Happy Hour/Holy Hour (this is social and spiritual!) 
- Board game night
- Bonfire night (can include a spiritual talk)

SPIRITUAL/CATECHESIS IDEAS
- "Bother the Father" (structured topic and Q&A session with the priest)
- Teaching series (short-term series of topics of interest)
- Hiking trip (with an outdoor Mass)
- SEEK conference

COMMUNICATIONS TOOLS
- GroupMe
- Google Drive for leadership teams

OTHER WAYS TO MINISTER TO YOUNG ADULTS
- Free babysitting or babysitting stipends
- Mailing birthday and anniversary cards