



# CYAM

CAMPUS & YOUNG ADULT MINISTRY  
CATHOLIC DIOCESE OF BROWNSVILLE



## HANDBOOK FOR YOUNG ADULT MINISTRY



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# Handbook for Young Adult Ministry

## Table of Contents

CDOB - Campus & Young Adult Ministry	Page 3
Introduction	Page 4
Overview of Young Adult Ministry	Page 5
Starting a Young Adult Group - The Basics	Page 6
Starting a YA group - Sample Model 1	Page 7
Starting a YA group - Sample Model 2	Page 11
Parish Assessment - Tool 1	Page 19
Parish Assessment - Tool 2	Page 20
Young Adult Ministry Survey	Page 21
Quick Guide to Best Practices and Next Practices	Page 22
Additional Resources	Page 23
Litany for Young Adults	Page 28
YAM in a Box	Page 30
Diocesan Campus Ministry Programs	Page 31

*This resource was designed after consulting the Archdiocese of Galveston-Houston, the Diocese of Fort Worth, the Diocese of Atlanta, the Diocese of Buffalo, and the National Catholic Young Adult Ministry Association. Revisions were made to reflect the mission, vision, and cultural landscape of the Catholic Diocese of Brownsville.*



# CYAM

Campus & Young Adult Ministry

Catholic Diocese of Brownsville † [www.cyam.net](http://www.cyam.net)

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## Mission:

To support single and married young adults to live the Gospel message through prayer, community and service.

## Vision and Goals:

We have a vision of the Church as a place where young adults feel at home – where their gifts are acknowledged and their lives are empowered to live as disciples of Christ. The CYAM office assists in building a Christ-centered young adult culture in the Diocese of Brownsville. The following goals serve as foundation for the diocesan Office of Campus and Young Adult Ministry:

1. Connect young adults to God in the mystery of the Church
2. Connect young adults to the Church as a community of worship and service
3. Connect young adults to the mission of the Church in the world
4. Connect young adults to faith communities through family, friends, school and work

\*Adapted from USCCB document: *Sons & Daughters of the Light*, a Pastoral Plan for Ministry with Young Adults

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Appointed Chaplains  
Diocesan Pastoral Council  
Youth & Young Adult Commission  
Young Adult Ambassadors  
Diocesan Directors & Admin.  
NCYAMA; Region X Directors

## Guiding Documents

Sacred Scripture  
The Catechism  
Sons and Daughters of the Light  
Connecting YA to Catholic Parishes  
Basic Guide to Y.A. Ministry  
The Gospel on Campus  
Young Adult Works

## Diocesan Young Adult Programs

Theology on Tap  
Valley Awakening  
Meet Your Diocese Tours  
DYRT (Dioc. Youth Retreat Team)  
Young Adult Movie Nights  
Bread, Wine... & Cheese  
Workshops/Consultations

## Campus Ministry Programs

Liturgy, Sacraments, Spiritual Dir.  
Student org/leadership formation  
Awakening Retreats (UTPA/UTB)  
RCIA, Bible Studies, Peer Ministry  
Speakers, Music Ministry, K of C  
Social Justice and Service Projects  
Busy Person's Retreat/Vocations

## Social Media/Communications

Main Website: [www.cyam.net](http://www.cyam.net)  
Campus sites: UTB/UTPA/STC/TSTC  
FlockNote: email/texting services  
Facebook, Twitter, and YouTube  
Monthly Newsletter Outreach  
YA Matters - KMBH TV Show  
The Valley Catholic - YA Articles

# Handbook for Young Adult Ministry

## Introduction

Welcome to Young Adult Ministry in the Diocese of Brownsville! Young Adult Ministry is one of the most exciting and important areas of ministry in our Church today.

“Young Adults bring life and vibrancy to our diocese where the median age is 26... we must acknowledge their gifts and be intentional about our ministry to them.”

-Bishop Daniel E. Flores, Bishop of Brownsville

Young adults in the Church encompass a wide demographic. They are men and women anywhere from their late teens to late thirties, and they come from many walks of life. They can be married, single, or widowed, and they can be with or without children. Some may be students, others may be starting their adult lives, and others may already be established in a career and family.

“Our young people today have a strong sense of apostolic zeal in serving the needs of others and want to make a difference. So often, however, the materialist and secular culture in which we live makes it difficult for young people to embrace their faith. The Church must find effective means to reach out to our youth and young adults and enable them to become active members of the Church community.”

-Bishop David Zubik, *The Church Alive!*

The *National Directory for Catechesis* challenges dioceses and parishes to “develop new and creative ways to provide significant points of contacts for young adults with the Church” (NDC 48). Engaging young adults in the life of the Church is an urgent task that requires the support of everyone in ministry, particularly at the parish level.

In their 1996 pastoral plan *Sons and Daughters of the Light*, the United States Conference of Catholic Bishops urges dioceses and parishes throughout the country to develop vibrant ministries for this diverse community. By developing programs that evangelize young adults, serve them, and welcome their contributions, the Church has an opportunity to recognize that young adults are the present and the future of the Church – and to discover that young adults already can and do contribute to the Church in a variety of ways.

## How to use this Handbook

This handbook was created as a resource for parishes as they work to develop vibrant outreaches to young adults. It offers a variety of goals, strategies, and events that can be utilized as parishes realize their challenge to minister to this diverse group. Once the program is established the planning team can utilize the Additional Resources Section and further expand the parish young adult ministry. *This handbook enables the team to:*

- a) Create a shared diocesan vision and framework for young adult ministry
- b) Develop a program of ministry to, with, by, and for young adults
- c) Address the important issues of the field through current, relevant resources

## 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

*Sons and Daughters of Light: A Pastoral Plan for Ministry with Young Adults*, 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 is not active in our Catholic system are not former Catholics. They are today's affiliated Catholics, and many of them are young Catholics."

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

## Starting a Young Adult Group – The Basics

### Principles to Remember

1. Connecting young adults with Jesus is the primary goal of 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 his 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 of 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 Sample Models that follow will show you how to secure leadership and then plan events!

## Starting a YA Group - Sample Model 1

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...

#### *Get the Right People Together*

The first step is to get the support of the parish and to develop a team for the young adult ministry program (YAM). The team should include people who are good young adult role models, who are comfortable sharing their faith with others. Where possible, the team should include a member of the parish staff (pastor, director of religious education, pastoral associate, etc.). The key is to avoid the "lone ranger" trap. Young adult ministry is a team effort! In the early planning stages, someone has to facilitate the group and provide leadership. Consider the following:

- Who should be on the young adult core team?
  - Who will facilitate the team meetings?
  - Who should serve as coordinator?
  - How do we gain support of the parish staff?
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 Young Adult Ministry (YAM) and ask for their support
    - b. Bring copies of this CYAM Handbook (you can download copies from our website to give to your pastor or 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 CYAM Handbook, Brochures, 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 diocesan CYAM Office so we can plug you into our resources
  - a. Add you to our CYAM Newsletter and email distribution list
  - b. Try to support you in any way possible! Let us know if you want us to attend your initial meeting with your parish priest and staff.
4. Find a Partner
  - a. Seek out a partner through personal acquaintances or recommendations from parish staff of young adults with leadership potential.

### ***Evaluate Current Parish Situation and Needs***

5. Define Parish Make-up
  - a. Take a census/survey (see sample survey 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 survey 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 survey 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 survey)
  - c. Based on results, decide what age range and marital status you want to target
    - i. Do you want to target singles, married, or both?
    - ii. Do you want to target 18-39 or a subset of this age range?
- 1) Meet with staff liaison and/or priest
  - a. Invite someone from the Diocesan office to join you for this meeting.
  - b. Present your findings (# 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 survey. 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 on whether you should move forward with a parish group or pursue a regional model with neighboring parishes
  - f. Ask about available parish resources (i.e.: 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. Form a Leadership Team
  - a. Compile list of 5-7 people that you want to invite to take on leadership roles from your highlighted list of potential leaders.
  - b. 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.



## ***Understand Your Goals for Young Adult Ministry***

The Overview of Young Adult Ministry presented in the Introduction could be distributed and used as the basis for a team discussion. Be sure to begin each planning session with prayer. Pray for young people and their needs; take time to pray for the willingness of the parish to welcome young people.

The team needs to spend time clarifying their vision of young adult ministry by considering the following:

- a) What is our vision of young adult ministry?
- b) What do we want to accomplish?
- c) What do we want to provide the young adults of our parish?
- d) Does our team have a holistic and comprehensive approach to ministry to young people?

This is a time for building team relationships and developing good communication within the group. The team should also discuss whether the program will have a specific focus (single young adults, married, with children, etc.). This decision will affect the style and type of program to be developed.

## **3-6+ Months...**

### ***Leadership, Brainstorming and Development of Actual Programs***

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 the diocesan CYAM Handbook, nametags, refreshments, icebreakers, list of potential events
    - i. Possible Leadership Wish-list
      1. YA Group Coordinator (who should have been identified in the first 3 months - not at this kick-off meeting!)
      2. YA Group Sub-coordinator (who should have been identified in the first 3 months - not at this kick-off meeting!)
      3. Social Activities Coordinator
      4. Volunteer Coordinator
      5. Publicity Coordinator
      6. Spirituality Coordinator
      7. Steward
10. At The Meeting
  - a. Give people a chance to meet each other. Start with icebreakers.
  - b. Give an overview of what's already taking place in our diocese: Theology on Tap, Valley Awakening, Sports leagues, Bread Wine & Cheese, Road to Recon., Meet your Diocese Tours, etc.
  - 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. Ask for volunteers to call a group of people on the survey letting them know about the new YAM group and inviting them to the kick-off event (ideally, split up the survey 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:
  - 1) A kick-off event
    - a) 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
    - b) Should be a social event held at the parish. An example could be a picnic at the priest's residence.
    - c) Bring nametags, music, food, etc., and have plenty of greeters to welcome people
  - 2) An ongoing event (i.e.- dinner after every 2<sup>nd</sup> and 4<sup>th</sup> Sunday Mass or a Small Faith Sharing Group)
  - 3) A combination of social, spiritual, service and speaker/studies events.
  - 4) Consider carpooling or meeting at Diocesan events or getting together a team from your parish for Sports league

*Event Notes:*

- 5) 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 Publicity Coordinator
- 6) Every event should pay for itself. Figure out appropriate cover (i.e. \$3 or \$5) to offset costs.
- 7) Possible volunteer tasks per event:
  - a) Decorations, set-up, clean-up
  - b) Hospitality/Greeting (always have nametags on hand!)
  - c) Food prep and serving
  - d) 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.

## **Starting a YA Group - Sample Model 2**

Principles from the book *Waking the Sleeping Giant: Effective Catholic Young Adult Ministry* by Matthew Pinto

### **I. Why are dynamic young adult groups needed?**

- 1) Our hearts deepest longing is for God and Truth. In this day and age, too many hearts are preoccupied with the distractions of the world. We need to break through with the life-giving message of Jesus. Young people need to spend less time in the world and more time contemplating the things of God. Truth leads to sanity and clear thinking. We need to bring people to a deeper love of the Truth.
- 2) Young people are casualties in this cultural war. The casualties are increasing. We need more spiritual paramedics. Youth and young adult groups are these paramedics.
- 3) A strong young adult group can relieve some of the pressure young people face. This pressure includes the pursuit of material success and sexual temptations.
- 4) A strong young adult group offers Catholics an alternative to the lures of other faiths, including some cults.
- 5) We've lost too many young people due to poor catechesis. Young people need an inviting place to hear the clear Catholic message.
- 6) Parishes need to reach out to these groups with more expansive young adult programs. Young adults represent 37% of the parish. Where is the future church going to be if the majority of young people stop practicing their faith?

### **II. The step-by-step methods to starting a group in your parish.**

- 1) Someone (a young adult, a parent, a priest or religious) has to conclude that young adult ministry is vital to the parish.
- 2) There then has to be a commitment from pastor/parish -both in spirit and by allocating resources.
- 3) You have to select the right leader (part or full-time). I like the idea of a layman or woman leading the group, and a priest or other religious offering backup support. It will be helpful to have both a "theological" and "logistical or managerial" leader. These can be the same person, although two separate people may be more effective.
- 4) Prepare a young adult ministry plan just like you would prepare a business plan. Your plan should be supported by a lot of prayer.
- 5) Your plan should include:
  - a) The logistics, such as the specific parish facility you wish to use.
  - b) The evening you want to meet.
  - c) The funding you will need.
  - d) The target audience you are reaching.
  - e) The methods of promotion you will employ.

- f) The list of topics, speakers, videos, and group formats you will use.
- g) The proposed team leaders (music, social, outreach, prayer, etc.)
- h) Bylaws for Core Team (e.g., how long a team leader will be expected to serve, etc., expectations of conduct, etc.)
- i) The plan for keeping prayer at the core of the group.

### **III. Eight elements that will keep a group running and make it effective.**

#### **1) Prayer**

- 2) Good Topics - Bring in speakers who are faithful to the Church. Vary the formats - one week have a straight lecture and a Q&A session, the next week have small group "warm and fuzzy" discussions, the third week have a large group discussion, etc, etc. In short, mix things up throughout the month.

Keep the people intrigued with a mix of "heavy" topics (e.g., abortion, capital punishment) and "light-hearted" topics (e.g., friendships, the virtues, etc.).

Also, do "ice breakers" at the beginning of most (if not all) meetings. They can really help people feel more comfortable.

- 3) Good marketing - Perception is reality. If the group is perceived as a good place to be, it will become that. Good marketing will attract people. Here are some specific ways to promote your group:
- a) Develop a catchy group name. Try for something short and breezy - "Mission Young Adults."
  - b) Develop a logo.
  - c) Create t-shirts. These will build the "club" atmosphere. People like to belong to things.
  - d) Get a sports team together and play in a league.
  - e) Designate a PR person to consistently place announcements about group activities in the parish bulletin, website, Facebook, etc..
  - f) Print up business cards with group times, location, and even a map on how to find the group.
  - g) Create and publish a consistent newsletter - monthly, if possible.
  - h) Use clever titles to promote certain topics. Be creative, but tasteful.
  - i) Establish a "Bring A Friend" night once a month.
  - j) Run a canned good collection in the neighborhood and invite people whom you meet.
- 4) Atmosphere - Create a comfortable, inviting, upbeat atmosphere. There should be a sense of electricity in the air. People should feel that there is something special happening at these meetings.



- 5) Leadership - Offer good leadership and an organized, well-run program. One person should be considered the group leader, however, switch up weekly facilitators on a regular basis. At least twice a month the group should see the normal group leader, but back-up leaders/facilitators should fill in once or twice a month. This prevents a cult of personality and grooms others to be leaders/facilitators.
- 6) Socials - Have a lot of good social outings, including camping trips, beach trips, pot luck dinners, and movie nights. These should be held on nights other than your normal weekly educational night. Your young adult program should be a fun experience.
- 7) Outreach - Offer good and inspiring outreach programs - visit the elderly, work at a homeless shelter, run collections for unwed mother's homes, etc.
- 8) Empower - Assign people small jobs when they arrive at the meeting. Ask a new person to help with the chairs or to set up the literature display table. People like to "do" things. It's part of our addiction to "busyness." It's also a nice ice breaker for a new person. He or she feels part of the system if they're put to work.

#### **IV. What makes a good group leader:**

- 1) Desires to be holy
- 2) Loves the Church and is not interested in tearing it down
- 3) Earns the respect of others through service and hard work
- 4) Knows how to delegate
- 5) Can see the big picture - knows where the group should be going.
- 6) Understands the "pastoral question" - Not everyone is at the same level. Be gentle when presenting tough issues. Be caring, but be committed to the truth. Pray a lot for discernment. Pray to know when you should deliver the tough message and when you should wait for a better time
- 7) Can make tough decisions
- 8) Is ready to forsake popularity for truth
- 9) Is compassionate
- 10) Can laugh
- 11) Does not gossip
- 12) Can be trusted
- 13) Asks "What Would Jesus Do?"
- 14) Knows (or is actively learning) his/her faith
- 15) Is diplomatic in handling challenging personalities
- 16) Is comfortable in the world, but is not "of the world"

#### **V. Publicity/ Marketing Your Group**

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 Young Adult Ministry (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 Diocesan 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 (i.e. - 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 Diocesan CYAM 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 give out census/survey/contact cards at events for new people to fill out.

## How the CYAM Office can help Publicize Your Events:

- We'd love to have you advertise via the CYAM website ([www.cyam.net](http://www.cyam.net))! Send events to the Diocesan CYAM Office ([info@cyam.net](mailto:info@cyam.net)) that are open to all young adults so that they can be included in the Diocesan Calendar, the *Valley Catholic (Diocesan Newspaper)*, *CDOB website* and other media outlets. Events need to be submitted at least 2 - 3 weeks prior to when you'd like them to appear, and the info should be kept to only a few sentences in length.
- The CYAM Office publishes a monthly newsletter, and also e-blasts which include events on the CYAM website.
- The CYAM Office can include your events on its Facebook Page: [www.facebook.com/cyampage](http://www.facebook.com/cyampage)

## Types of Events

Strive to host a mix of spiritual, social and service events. In addition to hosting your own events, consider carpooling to other young adult events around the diocese such as *Valley Awakening*, *Theology on Tap*, *Bread, Wine... & Cheese*, *Road to Reconciliation*, *Meet your Diocese Tours*, etc. Below are some event ideas.

### Social Event Ideas:

- Visit Gladys Porter Zoo, South Padre Island, IMAS/McAllen Art Walk, Falcon State Park, Willacy County Art League Gallery
- Vipers, RGV Magic, RGV Flash Soccer Team or other sporting events
- Movie Nights
- Wine Tasting Party
- Trivia Nights/ Game Nights
- Potluck Dinner/BBQ
- Happy Hours at Local Bars/Restaurants
- Hiking or Outdoor Activities
- Picnics or Field Day in the Park
- Screen on the Green
- Group Nights on the Town
- Pizza and Beer Night
- Holiday Parties
- Roller/ Ice Skating
- Dance Lessons
- Sports Bar to Watch a Game
- Bowling

### Spiritual Event Ideas

- Ask Father/ Deacon/ Sister Anything Night
- Mass followed by brunch or dinner
- Retreats
- Spiritual Book Group
- Relationships/Dating/Marriage Workshops
- Small Faith Groups
- Rosary Group
- Current Events Discussion
- Prayer Workshops
- Bible Study
- Nights of Reflection
- Guest Speakers (see suggested topics)
- Catholic 'Basics' Class
- Praise & Worship
- Eucharistic Adoration
- Stations of the Cross
- Day or Weekend Pilgrimage
- Outdoor/Midnight Mass
- Evening Prayer

### Service Event Ideas:

- RGV Food Bank
- Catholic Charities' events
- Proyecto Azteca
- Habitat for Humanity
- St. Vincent DePaul Projects
- Work at a Soup Kitchen or Shelter
- Bingo or Sing-a-long with Seniors
- Help Local Parish
- Mission Trips
- Tutoring Underprivileged Children
- Proyecto Desarrollo Humano
- Visit Hospitals/ Nursing Homes

## VI. 99 Topics for Your Meetings/Speakers

1. Creation &/or Evolution (What are we to believe about the origin of man?)
2. Spirituality vs. Religion
3. Religious Freedom (May I impose my views on society?)
4. New Age movement (What is it? Is it dangerous to Catholics/ Christians?)
5. Religious Movements
6. Mormonism (Who are they & what do they believe?)
7. Fundamentalism ("Born-again" Christians - Who are they and what do they believe?)
8. Jehovah's Witnesses (Who are they and what do they believe?)
9. Why be Catholic (Does it really make a difference whether you're Catholic?)
10. The Basics of the Faith (What do we believe? Why? What's the bottom line?)
11. Jesus (Who was he? What was his purpose? What does he ask of us?)
12. The Eucharist and Eucharistic Adoration
13. End of the World (What's the bottom line on the Catholic teaching on the "end times?")
14. The Structure of the Church (Pope, bishops, dioceses, etc., Is it a democracy?)
15. Celibacy (Is this biblical? Is it natural? Is it reasonable?)
16. Conversion Stories/ Personal Testimonies
17. Holy days and feast days (What are they? Why do we have them?)
18. Role of the laity (What is the laity's function in the church?)
19. Sacraments (Are they symbols or do they really help change us?)
20. Discerning God's Will
21. Holy Orders (The priesthood and diaconate)
22. Mass (meaning behind the rituals)
23. Blessed Sacrament/Eucharist (Benediction, Veneration, etc.)
24. Mary (Was she really God's mother? How can this happen? What role does she play?)
25. Saints (Can we really pray to them? Can they help us?)
26. Angels (Do they exist? What's their role?)
27. Apostles Creed (Explanation of what we say each Sunday)
28. The Gifts of the Holy Spirit
29. The Pope and Infallibility (Why do we have a Pope? What does he do?)
30. Purgatory (What is it? Does it exist? Why does it exist?)
31. Overview of Old Testament Story (multi-week: What happened?)
32. Dating (What is healthy dating? What is Christian dating? How should we date?)
33. Conversion stories (Catholics who left the church and came back, reverts to the faith tell their story.)
34. Friendships/Relationships (What are good friendships? How do we form them?)
35. Simple Gospel Message (What's this Christianity thing all about?)
36. General Q & A night (Ask any question about the Church)
37. Personal testimony night (Where are you in your journey in faith?)
38. History of the Church (multi-week: What happened over the past 2,000 years?)
39. Demonology (Does the devil really exist? How do the evil spirits work?)
40. Protestant Reformation (Why and how did it form? Was it a mistake?)
41. Beatification (Sainthood - How are saints canonized? What's the process?)
42. Apparitions (Have people really appeared from Heaven?)
43. Padre Pio (video :20 min. - Modern Catholic priest who bled from hands, feet, and side)
44. The Crusades (Catholic Church goes to war to protect Christianity?)
45. The Inquisition
46. Overview of World Religions (What is Islam, Hinduism, Judaism, and Buddhism?)
47. 12 Steps Programs and Faith (Practical ways to handle life's challenges)
48. Healing (Everyone writes down hurts and discusses them. Bible can be used)
49. Lives of saints (videos from :20 min. to :90 min. - multiple choices)
50. Our Lady of Guadalupe (video :27 min. - Mary's appearance in Mexico in 1500s)
51. Pope J.P. II - Pilgrim to Lourdes (video :27 min - John Paul visits Lourdes)
52. The Roles of Men and Women in the Church
53. Proclaiming the Message of Jesus (videos of JP II talking: 33 & 20 min.)



54. Heaven and Hell (Do they exist? What will they be like?)
55. Religious life (What is it like to be a religious sister/brother?)
56. Faith (What it is? Is it blind or thought out? How do we develop our faith?)
57. The Virtues (Patience, chastity, temperance: How to achieve them.)
58. Prayer (What is it? Why is it important? How do we pray?)
59. Scripture prayer (What are the different ways to pray with Scripture?)
60. Rosary (What is it? When did it start? Why did it start? How do you say it?)
61. Liturgy of the Hours (What is it? Why is it done?)
62. Novenas (What are they?)
63. Stations of the Cross (How do we say it? Why do we say it?)
64. Meditation (How can we meditate? Is this something the Christian should do?)
65. The Beatitudes (Blessed are the meek, etc. Discussion of Beatitudes)
66. Devotions (What are various devotions?)
67. What is interior life? (How to nourish it. What does a life of prayer mean?)
68. Holy Hour (Night of guided meditation followed by group discussion)
69. Salvation (How do we get to Heaven?)
70. Divorce/Annulments (Is divorce ever allowed? What are annulments?)
71. Homosexuality (Is it natural? Is it allowed in Christianity? What should be done?)
72. Contraception/ Natural Family Planning
73. Abortion (Q&A night. Ask any question about the abortion issue.)
74. Ultrasound (Video on the development of the baby)
75. Meet the Abortion Providers (Hard-hitting video by former abortionists)
76. Stem Cell Research
77. In-Vitro Fertilization
78. Operation Rescue (Video on those who block abortion clinics to save babies)
79. AIDS (How should it be dealt with? Does "safe sex" exist?)
80. Capital punishment (Should a society be allowed to put a criminal to death?)
81. Social Justice (What is our responsibility in helping others? How far should we go?)
82. Euthanasia (Should a society institute legalized "mercy killing?")
83. Organ donation (Can Catholics donate organs after death?)
84. Cremation (Is it permissible in Christianity to be cremated?)
85. The Great Population Hoax (2 videos :36 Are we overpopulating the planet?)
86. Gang problem (What can be done?)
87. Chastity (Video by Molly Kelly on premarital sex and chastity)
88. Youth, Sex, & Chastity (two :20 minute videos) Fr. Benedict Groeschel
89. Schools, Clinics, and Contraceptives (:30 min. video, Are schools the place for this?)
90. Capital Punishment (Can society put a criminal to death?)
91. Moral dilemmas (Large group discussion with theologian, "What do I do when...?")
92. Spirituality for Busy People
93. Catholicism in the 21<sup>st</sup> Century
94. Psychology and Religion (Are they friends or foes?)
95. Liturgy and Beauty (What is good worship?)
96. Vocations (Where is God calling you?)
97. Cohabitation (Why get married?)
98. Human Trafficking
99. New Evangelization in the Age of Social Media

## **VII. General principles to keep in mind (in no specific order)**

- 1) At planning meetings, don't get bogged down in petty discussions. People like to go to meetings where things are accomplished. Otherwise, people will get discouraged. Be bold, make decisions. Don't debate every small detail. Assign tasks to people and let others make the smaller decisions. Have one major planning meeting a month.
- 2) The group leader should make most of the day-to-day decisions. Big decisions are left to vote.

- 3) At the actual educational night meetings, create an inviting atmosphere, but one that takes faith seriously.
- 4) Do not provide an arena for dissent.
- 5) Do not give a lot of time to opposing positions. If you do, be sure to wait several months because you want people to be formed in the faith before you allow someone or something to shake that faith. Also, wait for several months to do the topics that require a greater level of faith and understanding (e.g., tithing, birth control, euthanasia).
- 6) Invite in speakers who are faithful to the Church, otherwise you are doing a disservice to the group. They need to be formed in the faith before their faith is aggressively challenged.
- 7) Make sure the primary focus of the group is education-oriented group. If you try to run a group that emphasizes "social" outings (field trips, picnics), the group will be lackluster. A social club converts very few people. Firm belief and sacrifice bring about conversion.
- 8) Be a good listener but remember that you are the leader. Do not be afraid to speak up and stick to your standards and expectations. If some people leave, others will come in to fill the void. And, your core team will respect you for your leadership.
- 9) Do not conduct group business (planning, financial reports, etc.) at the actual "education night" meetings. You can make announcements in the beginning or end of meetings, but do not make your large group meeting a planning meeting. The large group meetings should be dedicated to learning and socializing, not to discussing the day-to-day affairs associated with running the group.
- 10) Be on time. Run organized meetings. The best time for young adult meetings is 7:30-9:00 p.m.  
  
Try to conclude meetings as close to the published time as possible, especially for young adults. Apologize if it goes past 9:00. Invite people to stay and ask the speaker questions after 9:00 p.m., assuming the evening is going very well. Adults need to count on getting out of a meeting by a certain time so they can be well-rested for work, get home to families, etc.
- 11) Be consistent with your group meetings and planning meetings. People should know that your group meeting is "every Wednesday" or "the first Thursday of the month." Consistency is good marketing. You can imbed your meeting in the lives of people by having the same type of meeting on the same day or date.
- 12) Avoid clicks. Work hard to make sure every new person is welcomed. Designate a half dozen group "regulars" to make sure there is never someone alone during the "social" times - at the beginning of the meeting and at the end.
- 13) Plan topics well in advance so you can arrange for speakers and can publicize the topics. Example: Topics for June should be planned in early May or sooner.
- 14) Many young adult leaders avoid running an "education oriented" group because they don't know their faith and, subsequently, wouldn't know what to talk about. This can't be. Leaders need to read books and listen to tapes and then use these as resources. Or, simply bring in speakers and videos to deliver the content and you just moderate the meetings.

## Parish Assessment - Tool 1

The ultimate goal of responsive parishes is not to create a separate sub-parish for young adults. Rather, responsive parishes integrate young adults into the life of the intergenerational faith community.

### Top 10 characteristics of a young-adult responsive Parish:

1. A sense of community and belonging (a faith community where "everybody knows your name")
2. Dynamic liturgies
3. Spiritual growth and enrichment
4. Religious education and Catholic identity
5. Guidance and direction in life
6. Acceptance and support
7. Opportunities for service and leadership
8. Social activities
9. A community that shares common values
10. Inspiration and rejuvenation

### 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 or 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

## Parish Assessment - Tool 2

### What is your current reality with young adults?

- How many are registered?
- How many come to mass regularly?
- How many are on parish leadership?
- How many are active beyond Mass?
- How many are involved in the local young adult ministry program?
- How many come on Ash Wednesday?
- How many come on Christmas/Easter?
- How many come on other major feasts?
- How many got married recently?
- How many are in baptism prep?
- How many went through RCIA?
- How many live in your local community?

### What does the Church provide young adults – that they cannot get elsewhere?

Think big picture here. What does Jesus and the Catholic Church offer young adults today?

### How does your parish fare with the timeless truths in young adult ministry?

Give yourself a grade in each of the “timeless truths.” What is the overall grade?

### Which resources/ministries do you already have? What is your parish really good at doing?

### How are you doing with capitalizing on the young adult moments of return?

Which moments of return are most prominent in your community? Ash Wednesday/Lent? Christmas/Easter? Weddings, Baptisms, Funerals, RCIA, or other points of momentary entry?

### How comfortable is your parish in going beyond the parish walls to reach young adults?

### Can you identify an “alpha team” of healthy, charismatic, compassionate young adults?

Look for young adults active in all the ministry areas of parish life, not just young adult ministry.

### Who is assigned to “do” young adult ministry – and who else should be working on this, too?

### How would young adults benefit your parish? What would they bring that is now lacking?

### How will your parish community support this kind of outreach/ministry?

Assess your financial commitment relative to personnel, energy, and resources



# Young Adult Ministry (YAM) Survey

For Anyone Single or Married, Ages 18-39

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 \_\_\_\_\_

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	Diocesan 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:

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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 Diocesan YAM email list (www.cyam.net)

\_\_\_\_ Yes! I want to help with YAM. I am interested in \_\_\_\_\_

Please turn into the Survey box at the back of the church, at an event, or to \_\_\_\_\_ (address/fax or email).

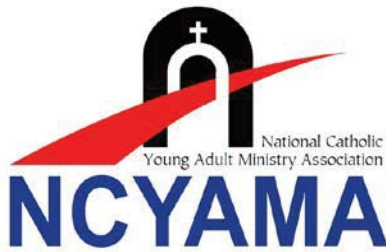
Thanks for helping us build the Young Adult group!

## Quick Guide to Best Practices & Next Practices

<i>Best Practice/Approach to Young Adults</i>	<i>Specific Program Ideas</i>
1. Capitalize on Moments of Return	Paulist “New Movers” Program ( <a href="http://www.pncea.org">www.pncea.org</a> ) Diocese of Joliet “Sparks from Ashes” Resource ( <a href="http://www.dioceseofjoliet.org/yam/ashwednesday.asp">www.dioceseofjoliet.org/yam/ashwednesday.asp</a> )
2. Emphasize Integrated Spirituality	Charis Ministries ( <a href="http://www.charisministries.org">www.charisministries.org</a> )
3. Tap into Restful Catholic Traditions	Spirit & Truth Eucharistic Adoration Communities ( <a href="http://www.sandt.org">www.sandt.org</a> , <a href="http://www.spiritandtruthillinois.org">www.spiritandtruthillinois.org</a> )
4. Bridge Ministry Pathways	Ntl. Catholic Collegiate Conference ( <a href="http://www.ntlccc.org">www.ntlccc.org</a> )
5. Target Your Young Adult Outreach	Nazareth Project for Marriage and Family; Milwaukee area ( <a href="http://www.archmil.org/offices/nazareth-project.htm">http://www.archmil.org/offices/nazareth-project.htm</a> )
6. Preferential Option for Parish Leadership	St. Vincent de Paul Catholic Parish, San Francisco ( <a href="http://www.svdsp-sf.org">www.svdsp-sf.org</a> )
7. Offer Discernment Opportunities	Catholics on Call Conferences ( <a href="http://www.catholicsoncall.org">www.catholicsoncall.org</a> )
8. Work Together Across Parish Boundaries	Ignite Regional Young Adult Ministry Network; Detroit area ( <a href="http://www.ignite-ministry.org">www.ignite-ministry.org</a> )
9. Connect with Technology & Social Media	Busted Halo Ministries ( <a href="http://www.bustedhalo.com">www.bustedhalo.com</a> )
10. Listen and Provide Pastoral Care	ReCiL African-American Young Adult Ministry; Chicago (contact Timone Davis at <a href="mailto:recilyoungadults@yahoo.com">recilyoungadults@yahoo.com</a> )
11. Ministry to Parents of Young Adults	Pathways 2 Ministry: Parent & Family Guide ( <a href="http://www.pathways2ministry.org/families/index.htm">http://www.pathways2ministry.org/families/index.htm</a> )
12. Evaluate & Assess Frequently	Conference for Pastoral Planning & Council Development ( <a href="http://www.cppcd.org/">http://www.cppcd.org/</a> )

What can we learn from these best practices – so that we can turn them into “next practices” for your specific, local ministry context?

## Online Resources for Young Adults and Young Adult Ministry



**NCYAMA: The National Catholic Young Adult Ministry Association** ([www.ncyama.org](http://www.ncyama.org))

A national network and resource center for Catholic young adult ministry across the United States

**Busted Halo: An Online Faith Experience for Spiritual Seekers** ([www.bustedhalo.com](http://www.bustedhalo.com))

An evangelization outreach of the Paulist Fathers using the media, web, and social networking

**Young Adult Ministry in a Box: A Digital Resource for Parishes** (<http://bustedhalo.com/yaminabox>)

A joint resource, mentoring program, and partnership between NCYAMA and Busted Halo Ministries

**The Emerging Models of Pastoral Leadership Project** ([www.emergingmodels.org](http://www.emergingmodels.org))

Hosted by a national consortium: NCYAMA, NALM, CPPCD, NACPA, and NFPC

**The Pathways to Ministry Project: for Young Adults & Church Leadership** ([www.pathways2ministry.org](http://www.pathways2ministry.org))

Hosted by a national consortium: NCYAMA, NFCYM, CCMA, NADDCM, and Washington Theo. Union

**Charis Ministries: Jesuit Ministry for Young Adults** ([www.charisministries.org](http://www.charisministries.org))

An Ignatian retreat ministry of the Society of Jesus (Jesuits), hosted by the Chicago/Detroit Province

**For Your Marriage: A Guide for Strengthening Marriage and Family** ([www.foryourmarriage.org](http://www.foryourmarriage.org))

Hosted by the U.S. Conference of Catholic Bishops (USCCB)

**For Your Vocation: A Guide for Vocations to Priesthood & Religious Life** ([www.foryourvocation.org](http://www.foryourvocation.org))

Hosted by the U.S. Conference of Catholic Bishops (USCCB)

### **RESEARCH WEBSITES**

**The Center for Applied Research for the Apostolate (CARA)** (<http://cara.georgetown.edu>)

Georgetown University's national non-profit research center focusing on the Catholic Church

**CARA Study: Sacraments Today** (<http://cara.georgetown.edu/sacraments.html>)

Focusing on Catholic practices in the U.S. today; released by CARA at Georgetown Univ. in 2008

**Changing Sea: The Changing Spirituality of Emerging Young Adults Project** ([www.changingsea.org](http://www.changingsea.org))

The Institute of Policy Research and Catholic Studies @ Catholic University of America

**Pew Research Center: Numbers, Facts, & Trends Shaping Your World** ([www.pewresearch.org](http://www.pewresearch.org))

Also includes The Pew Forum on Religion & Public Life and the Social & Demographics Trends Project

**The Barna Group: Christian Research Group** ([www.barna.org](http://www.barna.org))

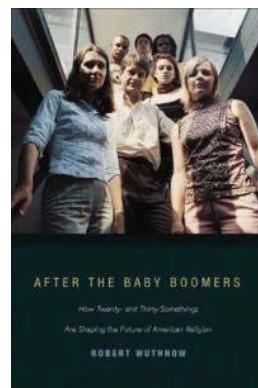
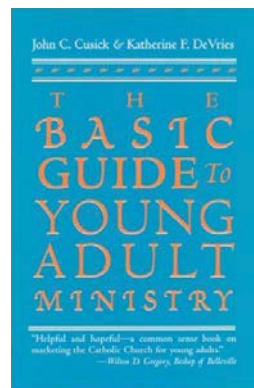
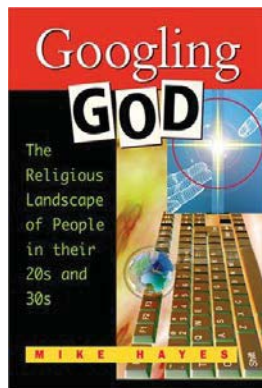
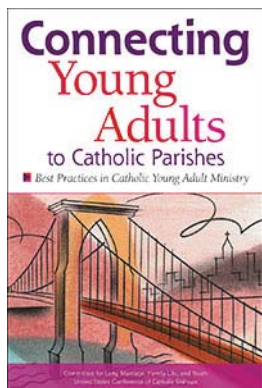
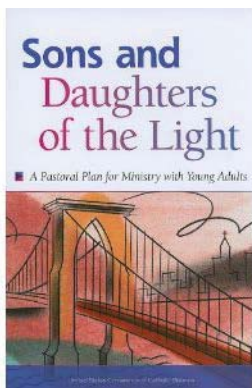
Research and Resource Company for Churches, Non-Profits, Businesses, and Leadership

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**NCYAMA:** *The National Voice for Young Adult Ministry in the United States* © 2011  
NCYAMA Executive Director Office, 101 W. Airport Road, Romeoville, Illinois 60446

[www.ncyama.org](http://www.ncyama.org)  
[info@ncyama.org](mailto:info@ncyama.org)

## Print Resources for Young Adults and Young Adult Ministry



### **Sons & Daughters of the Light: A Pastoral Plan for Young Adult Ministry**

by the U.S. Conference of Catholic Bishops (USCCB Publishing, 1996, reprinted 2010)

### **Connecting Young Adults to Catholic Parishes: Best Practices in Young Adult Ministry**

by the U.S. Conference of Catholic Bishops (USCCB Publishing, 2010)

### **Googling God: The Religious Landscape of Men & Women in their 20s & 30s**

by Mike Hayes (Paulist Press/Busted Halo Books, 2007)

### **The Basic Guide to Young Adult Ministry**

by Fr. John Cusick and Dr. Katherine DeVries (Orbis Books, 2001)

### **After the Baby Boomers: How 20 & 30 Somethings are Shaping the Future of American Religion**

by Dr. Robert Wuthnow (Princeton University Press, 2007)

### **Souls in Transition: The Religious & Spiritual Lives of Emerging Adults**

by Dr. Christian Smith with Patricia Snell (Oxford University Press, 2009)

### **Losing Your Religion, Finding Your Faith: Spirituality for Young Adults**

by Fr. Brett C. Hoover, CSP (Paulist Press, 1998)

### **Secularity and the Gospel: Being Missionaries to our Children**

written/edited by Fr. Ronald Rolheiser, OMI (Crossroad Publishing, 2006)

### **From Maintenance to Mission: Evangelization and the Revitalization of the Parish**

by Fr. Robert S. Rivers, CSP (Paulist Press, 2005)

### **Seeds of Hope: Young Adult and the Catholic Church in the United States**

by Tim Muldoon (Paulist Press, 2008)

### **Primer Encuentro Nacional de Pastoral Juvenil Hispana (PENPJH): Conclusiones**

by the National Catholic Network de Pastoral Juvenil Hispana – La Red (USCCB Publishing, 2008)

### **Catholics on Call: Discerning a Life of Service in the Church**

written/edited by Fr. Robin Ryan, CP (Liturgical Press, 2010)

### **The Next Generation of Pastoral Leaders: What the Church Needs to Know**

by Dr. Dean R. Hoge and Dr. Marti R. Jewell (Loyola Press/Emerging Models Project, 2010)

### **The Changing Face of Church: Emerging Models of Pastoral Leadership**

by Dr. Marti R. Jewell and David A. Ramey (Loyola Press/Emerging Models Project, 2010)

### **Young Adult Catholics: Religion in the Culture of Choice**

Dean Hoge, Bill Dingel, Mary Johnson, & Juan Gonzales (University of Notre Dame Press, 2001)



## Links and Resources on Young Adult Ministry

### Technical:

- **Flip Video** – <http://www.theflip.com/>
  - These are small handheld video cameras with a USB plug that “flips” out of the side of them. Once you connect this to your computer (PC or Mac) it automatically downloads your videos and you can add them to YouTube, edit them, or simply save them on your computer.
- **Learn to Podcast** - <http://www.bustedhalo.com/features/podcasting-for-beginners/>
  - Fr Dave Dwyer’s easy step by step guide to podcasting. The book **Podcast Solutions** is also very good and you can find it in any apple computer store.
- **Blogging** – <http://www.blogger.com/>
  - I think this is the easiest site to use for setting up a pretty simple blog site. I’d also suggest <http://www.wordpress.com/> for a bit more bells and whistles. BustedHalo.com is actually run by WordPress blogging software now.
- **E-newsletters**– Three sites do this very well:
  - Mail Chip - free for up to 2000 recipients: <http://www.mailchimp.com/>
  - Constant Contact – this one is used for Busted Halo’s weekly email alert and they have
  - Non-profit rates. <http://www.constantcontact.com/>
  - Vertical Response: Similar to the above and not expensive but a bit harder to use.

### Books and Binders:

- **Catholicism in Motion** - by **Jim Davidson**  
Sociologist from Purdue - Read Chapter 10 especially and perhaps Chapter 9.
- **Catholic Identity** - by **Michelle Dillon**  
One of the better sociological studies on Catholic Identity amongst young and old alike.
- **Bowling Alone** - by **Bob Putnum**  
Read chapter 13 and 14 of this for some thoughts on technology and generations.
- **The New Faithful** - by **Colleen Carroll**:  
This is an anecdotal book to be sure. But I think she's revealed something about the longing for tradition amongst the young. You can contrast it with my anecdotal work...Googling God--which I'd be happy to send you a copy of--just send me your address.
- **God on the Quad** - by **Naomi Shaefer Riley**  
She writes for the Wall Street Journal and explores America's Religious Colleges and Universities. This would be a good contrast with how the average secular student engages with their faith on campus--which is markedly different obviously.
- **Finding Faith - The Spirituality of the Post-Boomer Generation** - by **Richard Flory and Donald Miller**  
I reviewed this for Religious Studies--it's a quick read but good.
- **Spiritual Manifestos** – by **Niles Elliot Goldstein**  
Read the first chapter by Fr Brett Hoover
- **Consuming Faith** - by **Tom Beaudoin**  
This is Beaudoin's second book---you can look at his first book too, Virtual Faith but I think this would be a better focus as Virtual Faith is a bit dated.
- **A Faith Interrupted** - by **Alice L. Camille and Joel Shorn**  
This is a book about alienated Catholics that examines why people leave the church
- **General Directory for Catechesis** (United States Catholic Conference, Washington, DC, 1998, Publication No. 5-225)
- **National Directory for Catechesis** (United States Catholic Conference, Washington, DC, 2005, Publication No. 5-443)
- **The Basic Guide to Young Adult Ministry** (Fr. John C. Cusick and Katherine F. DeVries, Orbis Books, 2001)
- **Becoming a Young Adult Responsive Church, A Guide for Implementing Sons and Daughters of the Light** (Center for Ministry Development, 203-723-1622. <http://www.cmdnet.oru/>, 1997)
- **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)
- **A Practical Guide for Young Adults: Leadership for Life** ( Michael Poulin, Lori Spanbauer, Joan Weber & Jennifer Willems - Naugatuck, CT: Center for Ministry Development, 1997)
- **Seeds of Hope: Young Adults and the Catholic Church in the United States** (Tim Muldoon Mahwah, NJ. Paulist Press, 2008)
- **Young Adult Ministry in the 21st Century** (Loveland, CO, Group Publishing, 2006)
- **Party of One, Living Single with Faith, Purpose, & Passion** (Beth M. Knobbe, St. Anthony Messenger Press, 2011)
- **Souls in Transition: The Religious & Spiritual Lives of Emerging Adults** (Oxford University Press, 2009, by Christian Smith with Patricia Snell)

## Christian Leadership

- **In The Name of Jesus** (Henri Nouwen, Crossroad Publishing Company, 1989)
- **Heroic Leadership** (Chris Lowney, Loyola Press, 2003)

## Young Adult Spirituality

- **Come to the Banquet: Nourishing Our Spiritual Hunger** (by Tim Muldoon, Sheed & Ward, 2002) is a book aimed at young adult seekers to show how the Christian spiritual tradition might be able to nourish them.\
- **Spirituality at Work: 10 Ways to Balance Your Life on the Job** (by Gregory F. A. Pierce, Loyola Press, 2001) is a guide for any young adult working in the world today (regardless of a person's job, location, or tasks).
- **Losing Your Religion, Finding Your Faith: Spirituality for Young Adults** (by Fr. Brett C. Hoover, Paulist Press, 1998) is a great read for any college students who struggle with their faith.
- **Messy Spirituality: God's Annoying Love for Imperfect People** (by Michael Yaconelli, Zondervan, 2002) is the book for anyone who has ever thought, "I am not spiritual enough" or "I don't read my Bible enough" or "I don't pray enough."
- **Spiritual But Not Religious? An Oar Stroke Closer to the Farther Shore** (by Reid B. Locklin, Liturgical Press, 2005) is a conversation with young adults who consider themselves spiritual but not religious.
- **Letters to a Young Catholic**, (by George Weigel, Basic Books, 2004) is a series of letters from noted Catholic commentator George Weigel addressed to young adults today.

## Young Adult Ministry Websites

While there are many great Catholic websites available, below are a few we recommend for anyone in their 20s and 30s wanting to learn more about their Catholic faith and catholic young adult ministry:

- The Vatican – [www.vatican.va/](http://www.vatican.va/)
- United States Conference of Catholic Bishops (USCCB) – [www.usccb.org](http://www.usccb.org)
- National Catholic Young Adult Ministry Association – [www.ncyama.org](http://www.ncyama.org)
- Center for Ministry Development – [www.cmdnet.org](http://www.cmdnet.org)
- Paulist Young Adult Ministry (Busted Halo) – [www.bustedhalo.com](http://www.bustedhalo.com)
- Charis Ministries (Ignatian Spirituality for Young Adults) – [www.charisministries.org/](http://www.charisministries.org/)
- Sacred Space - Prayer & Meditation Online – [www.sacredspace.ie/](http://www.sacredspace.ie/)
- Spiritual Popcorn - Finding God in Movies & Television – [www.spiritualpopcorn.blogspot.com/](http://www.spiritualpopcorn.blogspot.com/)
- Catholic Campaign for Human Development – [www.usccb.org/cchdlindex.htm](http://www.usccb.org/cchdlindex.htm)
- Catholic Relief Services – [www.catholicrelief.org](http://www.catholicrelief.org)
- Cornerstone Media, Inc. – [www.cornerstonemedia.org](http://www.cornerstonemedia.org)
- Saint Mary's Press – [www.smp.org](http://www.smp.org)

## Y.A.M. around the U.S.

In addition to the Diocese of Brownsville ([www.cyam.net](http://www.cyam.net)), many dioceses around the country have YAM Offices including:

- Galveston-Houston: <http://www.youngadultholics.net/>
- Dallas: <http://www.catholicyoungadultsofdallas.org/>
- San Antonio: <http://www.archsa.org/yam/>
- Fort Worth: <http://www.fwdioc.org/yam/Pages/default.aspx>
- Austin: <http://www.austindiocese.org/departments/home.php?id=31>
- Chicago: <http://www.yamchicago.org>
- Cincinnati: <http://www.catholiccincinnati.org/yamin>
- Dubuque: <http://www.arch.pvt.k12.ia.us/YAC/YA/index.html>
- Illinois: <http://www.dioceseofjoliet.org/yam>
- Los Angeles: <http://www.la-archdiocese.org/org/ore/yam/Pages/default.aspx>
- New York City: <http://www.catholicnyc.com>
- Buffalo, NY: <http://www.dobyouth.org>
- Philadelphia: <http://www.ooya.org/yam>
- San Diego: <http://www.yamsd.org>
- San Francisco: <http://sfyam.org/>
- Arlington, VA: [http://www.arlingtondiocese.org/yam/young\\_adult.php](http://www.arlingtondiocese.org/yam/young_adult.php)
- Boston: <http://www.one4boston.org/>
- Washington D.C.: <http://site.adw.org/young-adult-ministry>

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 <http://www.ncyama.org/>

## Diocesan Young Adult Groups

While many parishes do not yet have Young Adult groups, others have very active groups. See [www.cyam.net](http://www.cyam.net) for a full listing. If your group is not listed, please contact Miguel Santos: [msantos@cdob.org](mailto:msantos@cdob.org) for updates and additions.

C.L.A.Y. (Christ Loves All of You)

Ambassadors for Christ

Regnum Christi

St. Pius X Young Adults

M.O.C. St. John Young Adults

Comunidad Sembradores San Juan

OLS Single Young Adults

Y.A.S.H. Sacred Heart - Elsa

Unitas

Y.A.G.- Good Shepherd and Christ the King

Grupo Juvenil Guadalupano

Cathedral Young Adults

## Campus & Young Adult Ministry

Supporting single and married Young Adults to live the Gospel message through prayer, community and service



# CYAM

## Campus & Young Adult Ministry

Catholic Diocese of Brownsville † [www.cyam.net](http://www.cyam.net)

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### Litany for Young Adults

For all young adults who struggle to find meaning in their lives, we pray...

ALL: Lord, thank you for hearing our prayer.

For those young couples who have committed to each other in the sacrament of marriage, we pray...

ALL: Lord, thank you for hearing our prayer.

For young adults looking for work: the unemployed, the under-employed, and those whose jobs are not life giving, we pray...

ALL: Lord, thank you for hearing our prayer.

For all young adults in college, technical schools, and military academies; for the realization of their dreams and for a welcome in their faith communities, we pray...

ALL: Lord, thank you for hearing our prayer.

For young adults experiencing a loss due to death, miscarriage or alienation, we pray...

ALL: Lord, thank you for hearing our prayer.

For young couples awaiting the birth of a child; for a reverence and joy in parenting, we pray...

ALL: Lord, thank you for hearing our prayer.

For young adults who are experiencing financial difficulties, we pray...

ALL: Lord, thank you for hearing our prayer.

For those young people who are discerning their life vocation to priesthood, religious life, single life or marriage, we pray...

ALL: Lord, thank you for hearing our prayer.

For young adults who are experiencing any sort of mental illness, depression, physical limitation, or loss of hope, we pray...

ALL: Lord, thank you for hearing our prayer.

For young adults who have just moved, especially for those in the military, in college, in prisons, on assignment for work, searching for their place in the world, we pray...

ALL: Lord, thank you for hearing our prayer.

For young adults who are divorced, widowed or suffer the pain of broken relationships, we pray...

ALL: Lord, thank you for hearing our prayer.

And for all the young adults in our own families, parishes and communities, we pray...

ALL: Lord, thank you for hearing our prayer.

**Response (ALL):** May the God of hope fill us with the grace to welcome more young adults into the living Body of Christ, the Church. **Amen.**

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Campus & Young Adult Ministry

Supporting single and married Young Adults to live the Gospel message through prayer, community and service



[illegible]

*Need to jump-start young adult ministry  
in your parish, but can't afford more staff?  
Or, just looking for new ideas or more  
help with an existing program?*

# YOUNG ADULT MINISTRY IN A BOX



*"Ministry to young Catholics is crucial in the Church today. Young Adult Ministry in a Box is **the most effective resource** I've seen that helps a local parish community get something started for young adults and a wise investment for any parish or diocese."*

— **Cardinal-Designate Timothy M. Dolan**  
Archbishop of New York and President  
of the U.S. Conference of Catholic Bishops

- **Step-by-Step Programs** with proven success, delivered digitally
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- Complete Toolkit to **start a ministry from scratch**
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- Connect with a **growing community of other ministers** for feedback
- **Updated Weekly** with fresh tips and up-to-the minute ideas
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## Diocesan Campus Ministry Programs



### Newman Catholic Student Center - UTPA

1615 West Kuhn St., Edinburg, TX 78541

Joe Garcia - Campus Minister

(956) 383.0133 E-mail: [jogarcia@cdob.org](mailto:jogarcia@cdob.org)

[utpacatholics.org](http://utpacatholics.org)

UTPA Catholic Campus Ministry @catholicbrons



### Newman Catholic Student Center - UTB

1910 University Blvd., Brownsville, TX 78520

Lisa Lysaght - Campus Minister

(956) 541.9697 E-mail: [llysaght@cdob.org](mailto:llysaght@cdob.org)

[utbatholics.org](http://utbatholics.org)

UTBCCM @UTB\_CCM



### STC Catholic Campus Ministry

3201 Pecan Blvd., McAllen, TX 78501

Ruby Fuentes - Campus Coordinator

(956) 562.1591 E-mail: [rfuentes@cdob.org](mailto:rfuentes@cdob.org)

[stccatholics.org](http://stccatholics.org)

STC Catholic Campus Ministry

@STC\_CCM



### TSTC Catholic Campus Ministry

1902 Loop 499 N. Harlingen, TX 78550

Cristina Aldape - Campus Coordinator

(956) 364.4137

E-mail: [caldape@tstc.edu](mailto:caldape@tstc.edu)

[tstccatholics.org](http://tstccatholics.org)

TSTCCCM



