



## Catholic Diocese of Fort Worth Parish Young Adult Ministry Guidelines

These guidelines aim to create a supportive environment for young adults, fostering community, spiritual growth, and service which aligns with the broader mission of the Church to evangelize and build up the Body of Christ.

### **To participate in a Parish Young Adult Ministry Group, the following should be considered:**

1. Be registered members of the parish
2. Sign the [\*Adult Hold Harmless/Indemnity Agreement\*](#) for the Catholic Diocese of Fort Worth
3. Review and sign the [\*Diocesan Code of Conduct\*](#)

### **To begin a Parish Young Adult Ministry Group, the following points are suggested:**

- Find a Parish Liaison

The Parish Liaison will serve as bridge and advocate for the young adult group and the Parish Pastor and Staff. This person could be an employee of the parish or a well-known leader in the parish community. The Parish Liaison does not have to be of young adult age.

- Establish a Leadership Team

A Leadership Team is essential for any group or organization of the parish. A few important members you may want to consider are one or two people to serve as the point of contact to direct the group, one or two people to keep record of liability forms and code of conduct forms, and two or three people to oversee budget/fundraising efforts. This list is not exhaustive. It is important to work together with the Parish Liaison and/or Parish Pastor to determine other leadership roles which should be considered.

- Create a Welcoming Environment

A welcoming and inclusive atmosphere is vital for this ministry. This includes ensuring that young adults feel valued and recognized within the Church community. Parishes are encouraged to create spaces where young adults can gather, share their experiences, and build relationships.

- Provide Diverse Programming

Consider the following:

- **Faith Formation:** Bible studies, catechesis, diocesan catechetical institutes, and retreats
- **Social Activities:** Social gatherings outside of the parish, group dinners, movie nights, music performances, etc.
- **Service Opportunities:** Provide opportunities to serve the parish community and the local municipal community.
- **Collaboration with other Parish Ministries:** This can enhance the sense of community and ensure that young adults are integrated into the broader life of the Church

The establishment of a parish young adult ministry within the Church is a dynamic process that requires attention to the specific needs and interests of young adults. By following these guidelines, parishes can create a ministry that not only engages young adults but also empowers them to become active participants in the life of the Church.