

# MINISTRY WITH YOUNG ADULTS

Over the past few weeks, young adults (18-39 year olds) have been experiencing joys and challenges that they never would have thought they would be experiencing: Stress, isolation, fear, job insecurity, family concerns, anxiety, grief, and so much more.

And yet, according to a new study\*, **35% of young adults reported an increase in their faith and 46% of young adults reported starting a new spiritual practice during stay at home orders.**

While that's the good news, the bad news is that even with an increase in faith, **"50% of those who have attended an online service report that they don't have anyone to talk to about how they are feeling, and 44% report feeling isolated because no one has reached out to them."**

Parishes can do a lot to help their young adults during this time. Young adults can also reach out to their parishes to see how they can help their communities.

## HOW CAN YOUNG ADULTS HELP SUPPORT THEIR PARISHES?

- Share their gifts and time with the parish.
- Serve along side other ministries in the parish.
- Use their talents and understanding of technology to promote the message and mission of the parish through social media and live streaming,
- Pray for the parish priests, deacons, religious brothers and sisters, lay leaders, and community members.



## HOW CAN PARISHES REACH OUT TO YOUNG ADULTS?

- Call your young adults. A personal phone call from a parish leader establishes a relationship and lets them know they are wanted and seen. It's also harder to say no to someone reaching out on a phone call. It's easy to ignore a text message or an email.
- Use social media platforms that young adults use like Instagram. Facebook is helpful to invite and remind people of events coming up. When you do use email, make it personal!
- Invite young adults to help out in ministries that older parishioners typically help out with, like ushers.
- Young adults are hungry to return to church. so reaching out to them to help clean, welcome people in, help keep social distancing things going, live streaming, is a plus for them and the parish.

## WHAT DO PARISHES NEED TO KNOW ABOUT YOUNG ADULTS RIGHT NOW?

- We miss the Eucharist and our parish communities. Being away from the sacraments is really hard for us.
- A little attention would be nice. Many of us live alone or have been isolated from our friends. A phone call or a shout out in a homily can help us feel seen.
- Young adults who were already starving for community are really longing for it now. We want to feel like we can be useful.
- Sometimes we can feel intimidated or unwelcomed if we are new to a parish or volunteer to help with a ministry for the first time. Say hi, introduce yourselves, and remember us!
- We have a lot of unique gifts and talents that we would love to share with the parish if given the chance. Learn about us, hear about our gifts, and ask us to share them.

