



Maximizing the “Sunday Experience” with Young Adults

Welcoming

- Be intentional about hospitality, both individually and as a young adult leadership.
- Make personal connections – be the ones to reach out.
- Talk about reaching out to new people—build a culture of welcome.
- Be open groups, not cliques.
- Opportunities to welcome: Before Mass. After Mass. At Sunday events.
- How are you encountering Christ as you welcome a stranger?
- How is the other person encountering Christ through your welcome?
- We invite and welcome each person to encounter Jesus Christ in our friendship and in the Sacraments.

Belonging

- Do you *belong* to your parish? Belonging is about loyalty and commitment.
- Engaged vs. Not-Engaged vs. Actively Disengaged
- Belonging leads to believing. (Not the other way around!)
- Know others and be known.
- Authentic community is a place where we are known and loved.
- Aim to build and encourage deep, meaningful relationships.
- Support each other’s’ spiritual growth and call each other to sainthood.
- What are the vehicles to build meaningful relationships and concretely support spiritual growth?

Investing

- As individuals and as a young adult community, invest your time and talents in the Sunday experience at your parish.
- Invite young adults to participate in Sunday ministries.
- Advocate that young adults are visible in leadership roles in Sunday ministries
- Expect, encourage, and support engaging Sunday liturgies – and advocate for improvements where needed (with clarity, humility, and charity!).



- Sunday liturgies are a great opportunity to witness to each other and the entire parish community that you are not just a young adult ministry but are active young adults in parish ministry.

Practical Takeaways

1. Create handouts of your young adult ministry for the back of the church.

- Make sure that handouts for your ministry are available in the back of the church so that newcomers can find out about your ministry and parishioners can share them with others.

2. Create opportunities for post-Mass fellowship.

- Take advantage of the fact that people are already at the parish on Sunday.
- Consider having an intentional young adult presence at existing post-Mass events and even starting some of your own!
- Host post-Mass invitation and hospitality for all mass times.

3. Meet a new young adult every Sunday.

- Challenge each other to meet one new person each Sunday.
- Encourage and expect that deep, meaningful relationships will form through your young adult community.
- Not just limited to young adults! Connect with older adults and encourage them to extend invitations to other young adults as well.

4. Invite young adults to participate in Sunday ministries.

- Model that young adults can serve in your parish by serving yourself.
- Personally invite and ensure that trainings are provided for young adults to be greeters, ushers, liturgical ministers, choir, etc.

5. Highlight Sunday all week long.

- Share weekend Mass times and Sunday readings in your communications.
- Host a Bible study on the Sunday readings, or reflect on the Sunday Gospel in other events.
- Bridge to Sunday: As individuals say, “See you Sunday!”

The Office of Young Adult Ministry is willing to consult with parish leaders and pastoral councils around hospitality and the parish Sunday experience.

Jonathan Lewis
Director of Evangelization, Youth and Young Adult Ministry
301-853-4559 | lewisj@adw.org

