

# COURAGEOUS *Youth Ministry*

***Training for Youth Ministry Leaders  
in Light of Courageously Living the Gospel***



**FREE and FLEXIBLE // ENGLISH or SPANISH // ONLINE or IN-PERSON**



**DIOCESE OF  
ST. PETERSBURG**  
*Office of Youth & Young Adult Ministry*



[www.CourageousYouthMinistry.com](http://www.CourageousYouthMinistry.com)

## What are CYM Trainings?

In order to better accompany youth, young adults, and ministry leaders, the Office of Youth and Young Adult Ministry will provide training on key topics for youth ministry teams and other parish leaders in an adaptable fashion that meets the specific needs of your parish. These trainings are offered in both **ENGLISH or SPANISH** and are **FREE and FLEXIBLE**, able to be adapted to meet your needs.

CYM Trainings can be either **ONLINE or IN-PERSON** at your parish. You can choose individual **TOPICS** or three-part **TRACKS** to offer in your parish. All trainings will be offered in partnership with the Office of Youth and Young Adult Ministry. Our website [www.CourageousYouthMinistry.com](http://www.CourageousYouthMinistry.com) also offers resources and best practices to help you continue the conversation beyond the sessions.

## WHY is this needed?

The vision of *Courageously Living the Gospel* has ensured that parishes have a designated youth minister and that parishes establish or enhance their youth ministry opportunities. The Office of Youth and Young Adult Ministry now offers these CYM Trainings to assist parishes in achieving these goals by helping to form and train their youth ministry leadership teams.

## Who in my parish could benefit from this training?

- New or Veteran Youth Ministers
- Youth ministry core teams/volunteers
- High School Campus Ministers
- Clergy and Religious
- Faith formation staffs
- Other members of parish staff
- Peer ministry teams
- Young Adult core team members
- Active upperclassmen HS students
- Confirmation Catechists
- CLG Leadership Teams
- Scout Leaders

## When are these trainings held?

Each *topic* can be covered in a one-hour session. Each *track* (three related topics) can be covered in a two-hour session. You can adapt this however you see fit: choose one or two random individual topics to address in-person, pick a whole track for a two-hour Zoom, or create an on-going bi-weekly or monthly training to cover all ten tracks.

## QUESTIONS?

Email Ryan Phelan at [rmp@dosp.org](mailto:rmp@dosp.org) or Mike Buckler at [mb@dosp.org](mailto:mb@dosp.org) or call them at 727-344-1611.

## How do we sign up?

1. Determine the group you want to receive the training.
2. Think about your desired location (online or in-person), which topics you want covered, and when you want to host them.
3. Visit [www.CourageousYouthMinistry.com](http://www.CourageousYouthMinistry.com) to enter your answers to #1 and #2 and to set up your CYM Training consultation with the Office of Youth and Young Adult Ministry.

## Topics and Tracks:

Each track consists of three one-hour individual sessions or one two-hour session for all three topics. Remember that these can be offered either in-person or online. Each track includes a session related to our *Courageously Living the Gospel* sacred purposes to **PROCLAIM** (Knowing and sharing the Gospel through comprehensive youth ministry), **INVITE** (Welcoming and accompanying teens and adult leaders), and **ENCOUNTER** (Growing in relationship with Jesus and one another).

### Foundations of Youth Ministry Track:

1. Intro to Comprehensive Youth Ministry (Proclaim)
2. Recruiting Core Team (Invite)
3. Keeping Healthy Boundaries in Ministry (Encounter)

### Relational Ministry Track:

1. Earning the Right to Be Heard (Proclaim)
2. Outreach and In-reach (Invite)
3. Community Building (Encounter)

### Sharing the Faith with Teens Track:

1. Giving a Talk to Youth (Proclaim)
2. Engaging Youth Through Game and Prayer Leading (Invite)
3. Small Group Leading Skills (Encounter)

### Outreach Ministry Track:

1. Outreach to the Unaffiliated or Unchurched (Proclaim)
2. Outreach to and Collaborating with Parents and Families (Invite)
3. Outreach to Teens Transitioning from Middle School to High School to Young Adult (Encounter)

### Becoming a More Youth-Friendly Parish Track:

1. Transforming Parish Hospitality (Proclaim)
2. Involving Teens in Liturgy (Invite)
3. Giving the Young Church a Voice (Encounter)



DIocese OF  
ST. PETERSBURG

Office of Youth & Young Adult Ministry



[www.CourageousYouthMinistry.com](http://www.CourageousYouthMinistry.com)

## Topics and Tracks Continued...

### **Spirituality for Youth Leaders Track:**

1. Balance in Prayer Life (Proclaim)
2. How to Say “No” (Invite)
3. Discerning Christ’s Presence in Those We Serve (Encounter)

### **Missionary Discipleship Track:**

1. Service as Evangelization (Proclaim)
2. Empowering Teens for Ministry (Invite)
3. Vocational Discernment (Encounter)

### **The Church is Multicultural Track:**

1. Diversity and Inclusion in Youth Ministry (Proclaim)
2. Importance of Parents and Families in Multicultural Youth Ministry (Invite)
3. *Pastoral Juvenil Hispana* (Encounter)

### **Young Adult Ministry Track:**

1. Identifying Young Adulthood (Proclaim)
2. Large Events as Evangelization (Invite)
3. Developing Small Group Ministry for Discipleship (Encounter)

### **Planning for Youth Ministry Track:**

1. Planning a Quality Youth Ministry Night (Proclaim)
2. Creating Meaningful Retreats and Events (Invite)
3. Developing a Small Group-Focused Youth Ministry (Encounter)



DIOCESE OF  
ST. PETERSBURG

*Office of Youth & Young Adult Ministry*



[www.CourageousYouthMinistry.com](http://www.CourageousYouthMinistry.com)

## Description of All 30 Individual Topics

### Foundations of Youth Ministry Track:

#### **1. Intro to Comprehensive Youth Ministry (Proclaim)**

*Youth Ministry is not just pizza and games! Learn how youth ministry is goal-centered and comprehensive as outlined by the USCCB's Renewing the Vision and Pope Francis' Christus Vivit.*

#### **2. Recruiting Core Team (Invite)**

*How do we find needed volunteers? How do we share the vision of youth ministry with adults in our parish? And what is the basic job description of a core member? We should never do ministry alone, so finding adults is key.*

#### **3. Keeping Healthy Boundaries in Ministry (Encounter)**

*Youth ministry requires that we build relationships with teens, but those relationships must model healthy boundaries. Learn best practices for striking the balance between real friendship and keeping safe boundaries.*

### Relational Ministry Track:

#### **1. Earning the Right to Be Heard (Proclaim)**

*What is meant by relational ministry and why is important? Reflect on the Road to Emmaus to learn the process for accompanying teens on the path of discipleship.*

#### **2. Outreach and In-reach (Invite)**

*Learn the basics of both outreach and in-reach. Outreach is getting out of your office and into the real world of teens, including - in safe and healthy ways - going to schools, games, plays, etc. In-reach is actively reaching out to our own kids in the pews.*

#### **3. Community Building (Encounter)**

*Creating a spirit of welcome and community is very important in youth ministry. Learn how to build an environment of radical hospitality in which every teen who enters the room knows they are loved. Also, learn what it means to be "pastoral" and care for the spiritual and emotional needs of teens.*

### Sharing the Faith with Teens Track:

#### **1. Giving a Talk to Youth (Proclaim)**

*"We got kids in the door and played a game, now you want me to talk to them?" Learn a basic process for prayerfully preparing a talk for teens that is both catechetical and meaningful.*

#### **2. Engaging Youth Through Game and Prayer Leading (Invite)**

*It can be very intimidating to stand in front of a group of teens. Learn tips and tricks to help your team feel confident and do a good job engaging teens in these essential aspects of typical youth gatherings.*

#### **3. Small Group Leading Skills (Encounter)**

*Most adults think they know how to lead a small group. But what is the goal of a small group discussion? How do we navigate different personalities? Learn tips and tricks for facilitating an engaging, participatory, and meaningful discussion.*

## **Outreach Ministry Track:**

### **1. Outreach to the Unaffiliated or Unchurched (Proclaim)**

*Pope Francis has encouraged us all to get outside of the walls of the church and go to the people. Good youth ministry does not wait for teens to show up to our meetings, but lovingly goes out to where teens are. What does such outreach look like, and how does our team do it?*

### **2. Outreach to and Collaborating with Parents and Families (Invite)**

*So often we feel like parents are the enemy! Yet parents are the first educators in faith and should be our primary collaborators. How could we come alongside parents, invite them into a deeper encounter with the Lord, and empower them to fulfill their role as catechist?*

### **3. Outreach to Teens Transitioning from Middle School to High School to Young Adult (Encounter)**

*Navigating from one stage of life to the next can be awkward and difficult. We shouldn't allow teens to do it alone and hope that they get to where we want them. We will discuss ways to be a part of the transitions from middle school to high school to young adulthood.*

## **Becoming a More Youth-Friendly Parish Track:**

### **1. Transforming Parish Hospitality (Proclaim)**

*One of the most important things we can do as a parish to better welcome young people is simply to become more welcoming. By focusing on radical hospitality across the parish, we can remove some common obstacles that keep young people and families away.*

### **2. Involving Teens in Liturgy (Invite)**

*When it comes to participation in liturgical ministry, teens often need to be taught, apprenticed or mentored, and highly encouraged along the way. Learn tips and tricks for involving young people more fully in liturgy.*

### **3. Giving the Young Church a Voice (Encounter)**

*Young people are baptized the same as us adults, yet sometimes we can make teens feel like they have nothing to offer us... and so they leave. This session will explore ways to empower young people and give them their Baptismal voice within the parish community.*



**DIOCESE OF  
ST. PETERSBURG**  
*Office of Youth & Young Adult Ministry*



**[www.CourageousYouthMinistry.com](http://www.CourageousYouthMinistry.com)**

## **Spirituality for Youth Leaders Track:**

### **1. Balance in Prayer Life (Proclaim)**

*We cannot give to teens what we do not already possess ourselves. If we want to mentor them as disciples of Jesus, then we need to first be a disciple of Jesus ourselves. Reflect on how to keep prayer central in our lives.*

### **2. How to Say “No” (Invite)**

*Life is busy and ministry can become all-consuming for volunteers or staff alike. Learn how to find some balance in your life and ministry through a spirituality of discernment that will give you breathing room and witness the peace of Christ to those around you.*

### **3. Discerning Christ’s Presence in Those We Serve (Encounter)**

*Christ is present in the angry mother in your office, the disrespectful middle schooler, and the belligerent guy in the vestibule. Yet it can be difficult to see Christ in someone when I’d rather shake and yell at them! Reflect on how to practice a prayer style that discerns the movement of the Spirit in every person and moment of ministry.*

## **Missionary Discipleship Track:**

### **1. Service as Evangelization (Proclaim)**

*Young people have an innate longing for justice. Planning meaningful service opportunities can be worthy evangelization tools, helping teens fall in love with Jesus, the Scriptures, and Catholic social teaching.*

### **2. Empowering Teens for Ministry (Invite)**

*The gifts and talents of teens are often the exact things that our parishes need. Learn ways to empower teens to serve in youth ministry and the parish at large, and to accompany them in the process.*

### **3. Vocational Discernment (Encounter)**

*We are all called by God to play a role in building the Kingdom on Earth. This call is inclusive of our “vocation” and “Vocation”. Do our teens know how to listen and respond to that call? Together, we can pinpoint ways to provide our teens with a deeper understanding of who God needs them to be.*

## **The Church is Multicultural Track:**

### **1. Diversity and Inclusion in Youth Ministry (Proclaim)**

*Over the years, our diocesan parishes have become increasingly more diverse. As with all things, we can look to Jesus as a model for how to become more inclusive. Reflect on the Catholic perspective on “diversity” and “inclusivity” and explore how your ministry can become more inclusive and welcoming.*

### **2. Importance of Parents and Families in Multicultural Youth Ministry (Invite)**

*It is often true that some cultures are highly family oriented. If a teen from such a culture is engaged in our ministries, it is imperative that we also know how to engage that teen entire family – the teen, parents, younger siblings, grandparents, and even extended family. Explore the why and how in this session.*

### **3. Pastoral Juvenil Hispana (Encounter)**

*Pastoral Juvenil Hispana, while loosely translated as “Ministry to Hispanic Youth”, is a long-running and highly effective form of Young Adult Ministry with Hispanic young adults and sometimes older youth. Learn the basics of this model for ministry, including both how it works and how to get it going in your parish.*

## **Young Adult Ministry Track:**

### **1. Identifying Young Adulthood (Proclaim)**

The term “young adult” encompasses a wide range of people, including those out of high school and in their 20’s and 30’s. This includes both Millennials and those from Generation Z, two very distinct groups with different needs. This session will identify what is meant by “young adult” and both the current state of, and potential for, the Church’s ministry to them.

### **2. Large Events as Evangelization (Invite)**

Large, fun, and social events (for example, Theology on Tap or retreats) can be an attractive entry point for many young adults and have the potential to serve as real tools for hospitality and evangelization. For many, this is the first step to enter or return to a faith community. Where could your parish begin to establish or enhance such a ministry?

### **3. Developing Small Group Ministry for Discipleship (Encounter)**

We often begin young adult ministries with great large events, but where do we go from there? The key is to start large, identify leaders, and then mold the emerging community into a cohesive ministry structure focused on parish-based small Christian communities. Explore how your parish might develop young adult ministry into such a vehicle for discipleship.

## **Planning for Youth Ministry Track:**

### **1. Planning a Quality Youth Ministry Night (Proclaim)**

A lot goes into crafting a quality youth ministry night. What should I think about when planning a night, and where do I begin? Learn what to consider as you plan the basic components of a youth ministry gathering.

### **2. Creating Meaningful Retreats and Events (Invite)**

Many of us have had a powerful experience of Jesus while on retreat or at a special event. How can we provide events for our young people that bring them face to face with Christ? How do we get teens excited so that they are eager to invite their friends to participate?

### **3. Developing a Small Group-Focused Youth Ministry (Encounter)**

Many parishes across the country are leaving behind the “large group” model and focusing on small group ministry, especially in this year of the pandemic. Such small group ministry can facilitate real discipleship and mentorship in faith. Learn how to start a single small discipleship group and give it a try.



DIOCESE OF  
ST. PETERSBURG

Office of Youth & Young Adult Ministry



[www.CourageousYouthMinistry.com](http://www.CourageousYouthMinistry.com)