

Emmaus Journey Young Adult Missions (EJYAM)

Startup Manual

EJYAM Mission Statement

“As individuals, we have answered ‘yes’ to the universal mission of the Church - the mission to share Jesus Christ in love. As Catholics, we come together to provide tools that enable an ever-growing personal relationship with Him. We inspire discipleship through church community and service. This empowers evangelization (spreading the Gospel) wherever God calls us.”

The Purpose and Goal of this Manual

In keeping with the EJYAM Mission Statement, the purpose of forming a local EJYAM is to inspire discipleship and empower evangelization through building personal relationship with Christ, in community with other young Catholics. The purpose of this manual is to help create a new EJYAM group in a different community with practical resources while staying true to the teachings of the Catholic Church. Navigating how to start a new ministry can be filled with the unknown, but with faith and this manual, we hope to give you tools that will help you!

Inspiration and Desire

“God has not called the equipped, but rather He equips the called.” We have all heard this statement, usually when we are being asked to start or join a new ministry. The truth is that indeed, Christ called a group of simple disciples to transform the world with an incredible message that was so unlike any other heard before. Your desire to be part of sharing the Word of God in our modern world unites you closely to the disciples. We encourage you to write down what has inspired you to start an EJYAM group so that you might revisit it often as you begin to create the group. For more information on this topic, we invite you to read *A Vision for Ministry* by Rich Cleveland.

Prayer and Discernment

Prayer and discernment should be the number one priority in choosing to form and forming a local EJYAM group. If you are reading this manual, you have probably already been praying about this and talking with Our Lord. There will be lots of planning in your process to start the group, but you should be praying more than you plan. Plan to go to adoration, attend daily mass if possible, and spend time prayerfully discerning what God is calling you to, and how to fulfill his call for your life. Often, how we feel called may be different than how God is really asking us to respond. It is through quietly listening to him speak to our hearts that we hear His voice and may stay close to His will. Your parish priest or spiritual director are also wonderful resources in helping you. Also, recognize that He may be calling you, but in the end, it is God’s ministry, not yours, so remain open! Remember, pray, pray, plan, and pray some more!

Developing a Core Team and EJYAM Mentorship

Values of the Core Team

Your Core Team will need to consist of other young Catholics, who believe in the precepts of the Church and live in such a way that is in communion with the Church (having completed all Sacraments of Initiation). Their lives should reflect the teachings of the Catholic Church, and they should not be living contrary to it.

If a selected Core member is not adhering to the values of the Catholic Church, in conjunction with the Emmaus Journey national office, a conversation about the person's future in the ministry needs to take place. This needs to be done through careful prayer and discernment and always through love and a Christ-like demeanor.

The Core Team

It is suggested to have a Core team that consists of 3-6 people; however, this will depend on the size of your group. Having a team, instead of one leader helps to keep the ministry balanced and keep prayer and the discernment of the ministry at the forefront, as well as allowing members of the team to support one another. It aids in facilitating discussion and supporting the structure of meetings when a Core member is not able to attend.

Selecting Core Team Members

Knowing the values required from a Core Team, you can pray about and ask those young Catholics in your life to be a part of EJYAM. Using the Mission statement, invite them to be a part of Core! Ask them to pray and discern being on Core. There is no specific time period for a Core member to be on the team. They may serve for as long as they are willing and able. It is always important to allow new Core members to come into the group to strengthen leadership and prevent stagnation. One successful way of choosing is to put names in a basket of possible leaders, praying over the basket and choosing names. Then asking the people if they would prayerfully consider being on core and what being on core would entail.

If a Core member can no longer continue, the remaining team should pray about who should be added to the team. The remaining team members should meet and share potential new members they have been praying about. Collectively, through prayer and discernment, approach the potential new Core member, asking them to consider being on Core. The individual should be given time to discern the opportunity.

Mentorship with Emmaus Journey

To create an adequate support system and mentorship, communication with another EJYAM Core Team and the national EJ office is important. In order to foster this culture of support, we ask that all new groups be in communication with another EJYAM Core Team and the national EJ office each month.

Gathering People

When inviting people to EJYAM, your enthusiasm and joy for the Gospel and ministry is important! The joy that you demonstrate will enliven the study and encourage the formation of meaningful community! Networking is an important component; we have found success in finding other Catholic events and building outside community and bringing that community into our Bible study. Making personal friendships is extremely important for the Bible study so people can feel safe and willing to come and participate fully in the study.

Note: Group size should be between 5 to 20 (soft rule).

Networking

Find out what your diocese has planned for young adults and attend those events! Being truly invested in what these events have to offer is also important. These are great places to invite other people who may be interested. Is there a Newman Center close by? Any Catholic clubs at your university? Find other Christian events, e.g., Theology on Taps, and youth groups. However, building true friendships and community is the most important thing when attending these events. Our goal is not to compete with other ministries but create other opportunities for young adults to grow in their faith.

Marketing Strategies

Personal Text Messages: This is the most used way of contacting people and inviting them to Bible studies. Once a good connection is made with someone, a personal text message inviting them to the next study helps solidify the connection. (Helpful Tips: Experience shows it is best to designate one person to send out invitations. Also, group messages have been tried, however, people get overwhelmed with the number of responses and tend to tune the messages out. This may work for small group (5-7 individuals), but experience shows not in larger groups.)

Website: This is a tool that was created as a way to reach out to people beyond those who have been personally invited. This is also necessary when advertising to a broader population. (info dots, parish outreach, etc.) The EJYAM website provides an anchor and a sense of legitimacy to people who are less familiar with the EJYAM concept. It also provides a good place for a meeting and events schedule. When you have reached the point where you have created a schedule, contact EJYAM Albuquerque and we can add a tab for your city schedule.

Info Dot: This a way of public outreach. It is a good way to direct people to needed information. There is a space on the back to write in your own information. See **Appendix C** for an image.

Parish Outreach: Parish outreach can be done in several different ways listed below (in order of effectiveness):

- Personal Invitation: This is proven to be most successful!
- Catholic Community Event Page: Some dioceses have pages dedicated to Catholic young adults. This is a great place to advertise your group!

- Social Media: Facebook, Instagram, Twitter, or GroupMe: whatever mode of communication that works best for your group!
- Pulpit Announcement
- Bulletin Announcement: This is not something that worked for our young adult community but may work for yours! **Note:** Generally, the Parish Bulletin needs information 2-3 weeks prior, so this does not work if information is timely.

Note: Any promotional materials, not already created by Emmaus Journey, using the EJ or EJYAM logo must be approved by the national office.

Planning a Semester

Most of our studies are done as per the school semester. Summers are set aside for retreats or other team building activities. Typically, we meet every other week. A typical semester is 8 sessions long. We begin a fun kick off/welcoming session and conclude with an end of semester party. The study itself is broken up into 6 sessions. This kick off session is typically meant to invite new participants and allow them to get to know other people. It also allows for an introduction to the study and who we are as a group. We have found that it is easier to choose one consistent meeting day of the week and stick to that for the entire semester.

Creating an Agenda

Agendas are important to organize the study. They are crucial to keeping continuity throughout a study. See **Appendix A and B** for a complete meeting agenda breakdown and an agenda example. These are samples only; the time can be adjusted to fit your needs. The essential elements of a meeting should contain the following: Prayer, EJYAM Statement, and a Scripture/Bible-Centered Study (Catholic-based).

Facilitating a Meeting

The role of the facilitator is to guide the discussion and to get others to read out loud and respond. *The facilitator is not meant to be the teacher*, but rather to draw answers from the participants.

Affirming and encouraging others, guarding against unhelpful tangents, and helping to set the pace is within the role of the facilitator. Do not fear the silence in the group setting; often they are thinking, and some take longer than others to process the question. As the facilitator, it's okay not to have all the answers, but rather it is important to look up unknown answers and see what the Catholic church teaches (like in the Catechism) and give a response next time you meet. It's okay to say, "I don't know but can I get back to you next time?"

Job as a Facilitator:

- Make it a point to greet people personally as they arrive.

- Create an agenda and consult with the core team so all are on the same page. It is important to create a thorough agenda to help provide structure and aid the facilitator.
- Introduction: This is a time to have small talk and icebreakers, helping to build unity and helping prepare others to share in the Bible study.
 - Always start with prayer: As the facilitator, you can lead in prayer, or choose someone to pray.
 - Mission statement and goals: Again, you can read as the facilitator, however, electing a volunteer to read can help with the openness of the participation in the study.
- Small discussion pertaining to the week or spiritual reflection questions. The facilitator reads the question and then waits for the group to respond. Awkward silence is okay, the facilitator may have to start and answer and then pick a volunteer. Popcorn style is a great way to get the discussion going and, is a great way to learn names.
- Be present and help guide the conversation. Make sure everyone has a chance to speak
- *Remember:* conversation should be 99% from the group, facilitator 1%.

Meeting Norms

Meetings are usually held at the facilitator's home! One large table or an open living room are best for large group discussion so that everyone feels welcome, can be seen, and so that no one is left out. The host/facilitator provides coffee, water, tea, etc. and other Core may bring snacks if they would like! The facilitator will lead and use the agenda. Before every meeting, the Core should meet a few minutes before (10-15 minutes) and help the facilitator set up and pray as a group for the meeting and all its participants.

Materials and Resources

****It is strongly encouraged that all materials used by EJ/EJYAM are officially verified by the imprimatur which verifies the resource as an official Catholic resource and that its Catholic teaching is sound. If it does not, make sure the material is Catholic and follows all Catholic principles. ****

Note: All links for past studies and other helpful resources can be found in **Appendix D**

Past Studies

Signs and Wonders: This is a 6-week study that focuses on detailed accounts of Jesus' life-including the signs and wonders he performed-in the Gospels. They show us what Jesus cared about, how he treated people, and what he thought was most important in life.

“David the King” by Bishop Robert Barron: This was a multi-lesson video study that highlighted King David as well as how the Old Testament prefigures the New Testament.

With Jesus to the Cross: A Lenten Guide on the Sunday Mass Readings: This was a 7-week study

that focused on the life, death, and resurrection of Jesus through reflection on the Sunday Lent and Easter Scriptures.

The Seven Last Words of Christ: Emmaus Journey Bible studies rely on the power of Scripture to change human hearts. This nine-session Bible study emphasizes the link between discipleship and stewardship and explores the practical aspects of becoming good stewards of our hearts, lives and mission. The Seven Last Words of Christ includes Scripture passages for study, questions for discussion and reflection, plus selections from church documents and the writings of various saints and Catholic witnesses.

The Humility Project: Each week a group presents on what the Bible says about Humility in their own unique way.

To Know Christ Jesus by F.J. Sheed. This book is meant for long ongoing studies where the group meets weekly and regularly with the same people. Very deep diving book that helps one grow in the understanding of Jesus' life, faith, and the scriptures.

****Please reach out to EJYAM Albuquerque for further ideas****

Fundraising

Food and drinks are done potluck style; therefore, fundraising isn't necessary until you want to do something above and beyond. For example, a retreat or a fun activity. If this is desired, seek help from the EJ office.

Appendix A- Agenda for EJYAM Meetings

(20 min) Arrival and Fellowship

- Allow participants to arrive. We are young adults and want to allow GRACE for latecomers.
- Food and drinks have been used for centuries to gather people. This is especially enticing for broke college students.

(5 min) Opening Prayer & Reading Mission Statement

- Opening prayer is used as an encouragement to give all of us the opportunity to pray to God out loud with others listening. This is especially helpful for those who may not be used to doing this in group settings. You can always give the option to pass. But keep encouraging- participants will warm up soon enough when their voice is gently encouraged.
- The mission statement read out loud at each meeting is important to anchor the meeting to the mission values. Having one of the members read it out loud encourages later participation in the study and helps participants feel comfortable speaking in the discussion. Whenever the opportunity is available to ask someone new to read, it is a good idea to do so.

(15 min) Ice Breaker / Personal Sharing

- See Facilitating a Meeting (page 4) for Examples of what to include here

(1 hour) Bible Study / Ongoing Group Discussion

- See Materials and Resources on page 5 for ideas on possible studies

(15 min) Written Prayer Intentions / Closing Prayer

- Pass out slips of paper and pens/pencils. Have each person write down a prayer intention. If a person is uncomfortable sharing their request, they may write anonymous intention. All prayers can go into a bowl. Each person grabs a prayer and read it aloud saying: “We Pray to the Lord” after. The person chosen to close, ends with a short closing prayer.

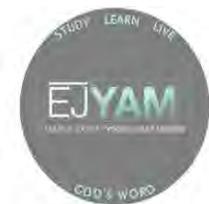
(5 min) Announcements

- Upcoming Events (In the Diocese or EJYAM)
- Fundraisers

2 hours total- It is important to start and conclude on time to be respectful of everyone's time. If someone must leave early, that is okay! The facilitator can ask in the beginning of the meeting, so that when they leave early, it doesn't disrupt the discussion and they may leave when they need to.

Facilitator should send Agenda Outline to Core Team a day prior to meeting for any adjustments

Appendix B- Sample Agenda



EJYAM Meeting
October 27, 2018

Opening Prayer: John

EJYAM Mission Statement: *Volunteer to read please*

As individuals, we have answered "yes" to the universal mission of the Church - the mission to share Jesus Christ in love. As Catholics, we come together to provide tools that enable an ever-growing personal relationship with Him. We inspire discipleship through church community and service. This empowers evangelization (spreading the Gospel) wherever God calls us.

Upcoming Meetings: November 10th, November 17th, December 1st, December 15th

Ice Breaker:

- ❖ High - Low - God
 - what was your high point of the week?
 - what was your low point of the week?
 - what was a God moment this week?

Study, Discuss, Learn, Live:

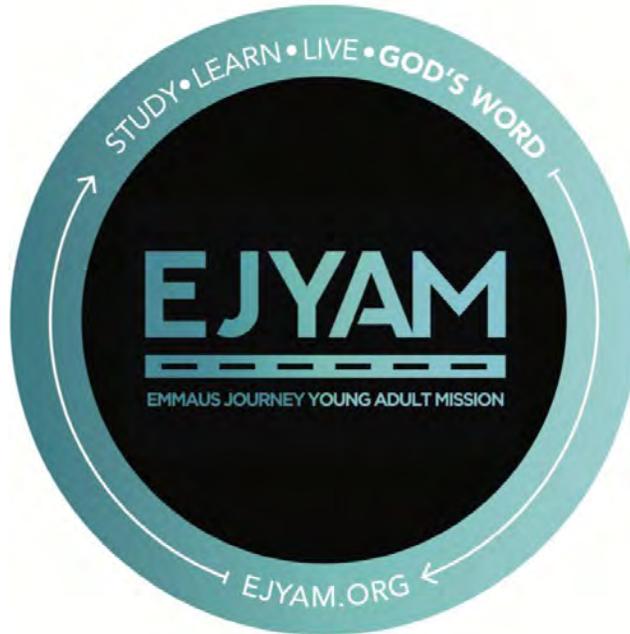
- ❖ "Signs and Wonders" from Evangelical Catholic, Chapter 3

Announcements:

- ❖ Nov. 9th – Café Communio @ Prince of Peace (Young adult event – coffee and live music)
- ❖ Nov. 17th – Art Show Opening @ The Norbertine Abbey
- ❖ Nov. 24th – Christ in The Community @ Old Town Stroll (Catholic Representation at city event)

Closing Prayer and Petitions: Jane

Appendix C- Info Dot



Appendix D- Past Study Links and Other Helpful Resources

Emmaus Journey Website: <https://emmausjourney.org/>

Evangelical Catholic: <https://www.evangelicalcatholic.org/materials/>

Signs and Wonders:

<https://issuu.com/wordamongus/docs/bec3c6?e=2797419/37613971>

With Jesus to the Cross: <https://issuu.com/wordamongus/docs/bec2e6>

King David Study: <http://david.wordonfire.org/>

The Seven Last Words of Christ:

<https://bookstore.wau.org/The-Seven-Last-Words-of-Christ-A-Bible-Study-on-the-Passion-of-Jesus-P145.aspx>

To Know Christ Jesus: <https://www.amazon.com/Know-Christ-Jesus-F-Sheed/dp/1887593055>

A Vision for Ministry by Rich Cleveland:

https://www.sagepayments.net/efcart/product_detail.asp?part=20-10

A Facilitators Guide by Rich Cleveland:

https://emmausjourney.org/products/assets/pdf/0001-discovering_the_god_we_call_father_down_load.pdf