

Assumption Young Adult Coordinator Covenant

As a Core Team Coordinator, I, _____, am honored to respond to my baptismal call to serve in Our Lady of the Assumption's Young Adult Ministry. Assumption's ministry is Christ centered and strives to lead Young Adults closer to Christ by creating a faith filled community through studies of the faith and relational ministry.

As a coordinator, I understand that much is asked of me including the following:

COMMITMENT TO MY RELATIONSHIP WITH GOD

- **I will** develop my personal relationship with God through Prayer and the sacraments, because I understand that ministry is very challenging and I will succeed only by the grace of God through prayer. And I will do this by:
 1. Attending Adoration a minimum of once a month
 2. Going to confession a minimum of once a month
 3. Going to 1 weekday mass a minimum of once a month *as my schedule allows*.
 4. Finding and meeting up with a Spiritual Director regularly
- **I will** abide by the teachings of the Catholic Church, because I am a representative of the Church. I will actively study to understand the teachings of the Church, especially if I have an issue with a certain Catholic teaching. I will pray for wisdom and obedience in seeking the truth. If a young adult shares a Catholic teaching concern with me, I will invite them to seek spiritual direction.
- **I will** also strive to go deeper into my faith by participating in faith studies, young adult ministries, or self-research in the teachings of the Catholic church
- **I will** also be accountable for my active relationship with God
- **I will** actively seek opportunities to pray with friends, young adults, other Core members, or Catholic communities
- As a Coordinator, **I understand** that I am called to live a Christ-like life above and beyond my peer group. And understand that there are sacrifices we make because of our love of God and for the young adults we serve
 1. **I will** not use drugs
 2. **I will** not get drunk. **I will never** drink enough to where I'm not in control of my body.
 3. **I will** not smoke cigarettes/e-cigarettes at events
 4. **I will** be mindful of the media I take in, the language I use and how I portray myself (gossip, sarcasm, etc.)
 5. **I will** not post anything contrary to the faith on social media.

- **I will** frequently pray for guidance and direction for the ministry, and take time to listen and discern God's will for Assumption Young Adults. I will also pray frequently for the virtues necessary to fulfill my obligations well

COMMITMENT TO MY FELLOW COORDINATOR

- **I understand** that myself and my fellow ministry coordinator have been entrusted with the care of our Core Team and our Young Adult community in a unique way, and that this is a significant responsibility
- **I understand** that we are here to support each other, so that we can accomplish this work better, and that as such, communication, teamwork and authenticity is invaluable for the ministry.
- **I will** maintain open and honest communication with my co-coordinator regarding things that impact the ministry. This may include things such as concerns about the ministry direction, Core Team, potential recruits, and ideas for future events, projects or other initiatives, etc.
- **If** there is a time I need off, I will notify my co-coordinator 1 month in advance (*if possible*), 48 hours in advance of weekly meetings.
- **If** there is an emergency that does not allow me to give proper notice, I will notify my co-coordinator immediately.

COMMITMENT TO THE CORE TEAM

- **I will** develop Christian relationships with all members of our Core Team, because I am a model for young adults. I will strive to be compassionate, patient, forgiving and welcoming.
- **I will** seek opportunities to build connections with my core-members, especially those I do not know well.
- **I will not** participate in gossip about Core Team members. I understand that gossip hurts those being talked about and damages our Core Team
- **I will** do outreach to invite new people to help in the ministry (including inviting young adults to come to our young adult ministry) by seeing and seizing opportunities. I will exercise discernment and communicate with my co-coordinator regarding potential team members
- **I understand** the importance of our function as a Core team. I will keep an eye out for potential negative dynamics between Core Members. I will listen to Core Members who bring interpersonal issues to me and will refrain from taking sides, instead equipping the Core Member to resolve the situation
- **I will** be available to support Core members who reach out to me with ministry-related concerns, and will be open to feedback and discussion
- If I am unable to attend a meeting or I am going to be late, **I will** let the Core Team know ASAP.

- **I will** complete my assigned work on time (typically by the next meeting, unless otherwise agreed upon). If something comes up that leaves me unable to finish, I will let my co-coordinator and/or team know ASAP so that alternate arrangements can be made.
- **I will** provide, facilitate and or/participate in training for the Core Team on how to do different types of work for the ministry
- **I will** show appreciation of team members' efforts and seek to show them that they are valued both as team members and as sons and daughters of God. I will take opportunities to safeguard and support Core team morale
- **I will** be responsible for communicating with other ministries and the Archdiocese regarding interministry collaboration, training, etc.
- **I will** seek information, research and/or training on what to do in difficult situations that may arise at events (including fighting or aggressive behaviour, or sharing regarding traumatic experiences, severe mental health issues and/or risk of harm or suicide), in order to better support our Core Team and our Young Adults
- **I will** make every effort to attend formation and social gatherings for the Core-team including the yearly Core retreat. I will also attend other retreats and overnight events *as my schedule allows*.
- **I will** clean up after each fellowship or event night.
- **I will** attend every team meeting and event and will notify my Co-Coordinator in a timely manner if I cannot attend.
- **DATING**
 - *In regards to dating, if it is with another core member **I will** discern about the pursuance of the relationship, and inform my co-coordinator. From there we will discuss the next step.*
 - *During events, our main focus must be serving, and we must refrain from any form of PDA.*

COMMITMENT TO THE YOUNG ADULTS

- **I will** develop Christian relationships with the young adults, and they will be Christ centered and above question.
- **I will not** participate in gossip about other young adults. I understand that gossip hurts those being talked about and damages our young adult community
- If there is crisis intervention, and a young adult shares something personal where they or someone else is in danger of being hurt; it **is my obligation** to inform my fellow Coordinator and/or parish priest. I will also encourage them to **seek professional support** by calling a crisis line such as those listed below:
 - Talk Suicide Canada: 1-833-456-4566 (suicide risk)

- Upper Room Crisis Hotline: 1-888-808-8724 (anything mental health related, from day-to-day loneliness to suicide crisis. Catholic but caller doesn't need to be)
- or another crisis line (can be quickly researched on the Internet)

**as part of the personal and ministry formation of the Core Team, resources can be provided on how to respond to someone who is contemplating self-harm and/or suicide.*

- **I will** help provide a safe environment for the young adults to explore their faith. It is vital to spend the time and energy the young adults deserve. **I will** attend all events and help with the planning of each event, according to responsibilities laid out by the Core Team.
- During each event, **I will** mingle with young adults and introduce myself to those I do not know. **I will seek out the young adults that look disconnected or alone.**
- **I will be willing** to do relational outreach to young adults, by actively inviting Catholic Young Adults to our fellowships or events.

HANDLING DISORDERLY YOUNG ADULTS

Handling disorderly young adults is one of the most difficult things we may have to do. At all times I will do my best as a representative of the Church to lovingly redirect/handle situations as they arise, or discuss with my fellow Coordinator in the moment if I am unsure of what to do or feel myself getting agitated. Moreover,;

- **I will** be there to support our Core members who are encountering situations of disorderly behavior
- **I will** let my fellow Coordinator know of issues that arise in a timely manner, especially if there is a pattern of negative behavior going on
- We will take necessary steps to address the issue. These may include seeking guidance from our parish priest and speaking directly with those young adults involved about the issue
- if a serious and imminent situation arises (ex. drunk, fighting or aggressive behaviour), I will be ready to help resolve the situation. If there is an emergency I/we will call emergency services

MY COMMITMENT

In response to my baptismal call, **I commit** to serving the young adults as a Coordinator for _____. If my commitment changes before the end of the year, **I will** discuss my position with my Co-coordinator and parish priest as soon as I can. I will also stay on for an agreed-upon transition period in order to maximize continuity of care for the Core Team and the Young Adult Community.

Coordinator Signature

Parish Priest Signature

Date

Jesus, I love you and I want to be more like you. Please give me the grace this year to keep my commitments, I can do all things through Him who strengthens me. – Phil 4:13
; Mary, Our Lady of the Assumption; St. John Paul II, pray for us.