



**YOUTH
PATHWAYS
2024**





YOUTH PATHWAYS

Contents

Connect with Young Adults	3
Connect with Your Catholic Community	4
Becoming Catholic	5
Social Justice and Outreach	7
Find Help and Support, Wellbeing and Relationships	10
Anti-Pornography Assistance	13
Coping with Substance Addiction	13
Faith Experiences Apps & Podcasts	15
Reflection Days, Retreats and Festivals	16
Pilgrimage and Mission Experiences	17
Discerning Your Vocation	19
Relationships	19
Religious Life	20
Further Study	20
University Studies	22
Resources	23



CONNECT

**CONNECT WITH YOUNG ADULTS
IN THE SANDHURST DIOCESE**



SANDHURST YOUTH MINISTRY

www.sym.org.au Sandhurst Youth Ministry (SYM) ministers to young people aged 15-35 across the Diocese. SYM supports parish youth ministry as well as organising Diocesan wide events such as the Sandhurst World Youth Day Celebration, the International WYD Pilgrimage, Workshops, youth leader training, Stronger Youth and social events. To get involved, or to find out more, email, phone or social media (Facebook, Instagram, YouTube). youth@sandhurst.catholic.org.au

ACBC OFFICE FOR YOUTH

www.youth.catholic.org.au Australian Catholic Bishops' Conference Office for Youth provides information on upcoming national events, including the Australian Catholic Youth Festival and the Australian Catholic Youth Ministry Convention, as well as resources for youth ministry.

MELBOURNE ARCHDIOCESAN OFFICE FOR YOUTH

www.cam.org.au/youth Link in with other young Catholics or find out what's going on in Melbourne. Visit the website or follow on social media for latest news and events.

MARIST YOUTH MINISTRY (YOUNG ADULTS)

www.maristyouthministry.com One of Australia's largest Catholic youth and young adults ministries, committed to fostering communities of faith-filled young people, ready to enact real change in their world and find a home in the Church.

CONNECT WITH YOUR CATHOLIC COMMUNITY

CATHOLIC DIOCESE OF SANDHURST

www.sandhurst.catholic.org.au Diocese of Sandhurst homepage with information and news about the Diocese and its parishes, diocesan organisations, events, resources, contacts and links.

CATHOLIC CHURCH IN AUSTRALIA

www.catholic.org.au Australian Catholic Bishops' Conference provides information about the Australian Church, including dioceses, links to a number of organisations, news and resources.

FAITH AND LIGHT

www.faithandlight.org Communities made up of persons with an intellectual disability, their families and friends, particularly young friends, who meet together on a regular basis in a Christian spirit, to share friendship, pray together, fiesta and celebrate life.



ABORIGINAL CATHOLIC MINISTRY FOR VICTORIA

www.cam.org.au/acmv Gospel-inspired and committed to supporting Aboriginal and Torres Strait Islander people and work for reconciliation.

CATHOLIC AUSTRALIA

www.catholicaustralia.com.au Whether you are a Catholic who has been out of touch with the Church for some time, or are looking for information to help you discover more about the Catholic faith, this is the website for you.

CATHOLIC ENQUIRY CENTRE

www.catholicenquiry.com A basic introduction to different aspects of the Catholic faith by means of short articles, and through responses to frequently asked questions.

CATHNEWS

www.cathnews.com Daily Australian and International Catholic news, resources, prayers and information.

FRG MINISTRY

www.frgministry.com FRG Ministry aims to bring the love of Jesus and His message of hope to people of all ages across the world. They are developing relevant and engaging resources and also provide educational programs and resources for schools and Catholic parishes which empower people to grow as Christ's true disciples.

BECOMING CATHOLIC

JOIN THE CATHOLIC COMMUNITY (RCIA)

Becoming Catholic is a spiritual journey. There is a process called the 'Rite of Christian Initiation of Adults' (RCIA) which is about developing a closer relationship with God. It takes place in a parish community over about 12 months, depending on each individual's readiness. Contact a nearby parish to find out about a local RCIA process. Reach out to Sandhurst Youth Ministry for more information or follow the Parishes link at www.sandhurst.catholic.org



Join or start a small group linked with one of the following:

AUSTRALIAN CATHOLIC OFFICE FOR JUSTICE, ECOLOGY & PEACE www.socialjustice.catholic.org.au National justice and peace agency of the Catholic Church in Australia, that promotes research, education, advocacy and action on social justice, peace and human rights.

CARITAS AUSTRALIA

www.caritas.org.au Helping people help themselves — regardless of ethnicity, religion or political beliefs. Emergency assistance and long-term development projects in impoverished communities — helping oppressed people rediscover their dignity, take greater control over their lives and overcome poverty. Education resources, news and ways to help.

SOCIAL JUSTICE & OUTREACH

CATHOLIC EARTHCARE AUSTRALIA (CEA)

www.catholicearthcare.org.au Agency of the Catholic Bishops' Commission for Justice and Peace, to promote understanding that Creation is sacred, endangered and must be protected and sustained for present and future generations yet unborn.

ST VINCENT DE PAUL SOCIETY

www.vinnies.org.au Gospel-inspired, lay Catholic organisation serving Christ in the poor with love, respect, justice, hope and joy and working to shape a more just and compassionate society. Offers "a hand up" to people in need, respecting dignity, sharing hope and encouragement for people to take control of their own destiny. Volunteering opportunities are available in a wide range of areas.

AUSTRALIAN CATHOLIC MIGRANTS & REFUGEES OFFICE

www.acmro.catholic.org.au Australian Bishops' agency to inform policy and action and to act as an official voice on national and international migrant and refugee issues, dedicated towards the acceptance and settlement of Refugees and Migrants into Australia.

JESUIT SOCIAL SERVICES

www.jss.org.au A community, founded on Jesus' model of service in the Gospels and Catholic Social Teaching, committed to expressing a faith that promotes justice and standing in solidarity with those in need.

L'ARCHE

www.larche.org.au Based on a fundamental belief in the dignity of every person, L'Arche aims to create communities which welcome people with an intellectual disability and those who choose to live with, or support them. A L'Arche community has been established in Bendigo.

INSTITUTE OF THE SISTERS OF MERCY

www.institute.mercy.org.au Supports local and overseas relief and development activities as part of the vision and mission of the Institute of Sisters of Mercy of Australia and Papua New Guinea.

ROSIE'S OBLATE YOUTH MISSION

www.rosiesvic.oblates.com.au Rosie's "Friends on the Street" teams of 18 to 30-year-old volunteers operate a coffee bus offering friendship and hospitality, and a listening ear to the poor and abandoned who find themselves on the streets of Melbourne.

EDMUND RICE CENTRE

www.erc.org.au Edmund Rice volunteers are involved in awareness, advocacy and action for refugees, indigenous peoples and reconciliation, eco-justice and more.

EDMUND RICE CAMPS

www.edmundricecamps.org Young Adult Leaders help with Edmund Rice Camps, providing holiday experiences for young people aged 7-16 years who would not otherwise be able to enjoy them.

ST MARY'S HOUSE OF WELCOME — SISTERS OF CHARITY

www.smhow.org.au St Mary's House of Welcome opens a door to people who are homeless or living in poverty in Melbourne. They work with people who have been excluded from other services, have complex problems, are isolated and are most at risk of falling through the gaps. Become a volunteer and give a hand to someone in need.

SACRED HEART MISSION

www.sacredheartmission.org Every day, Sacred Heart Mission assists hundreds of people experiencing homelessness or living in poverty to find shelter, food, care and support around the St Kilda area of Melbourne. Volunteers work in our op. shops, meals program, Women's Services, Aged Care, accommodation sites and health services. Most volunteer shifts are during business hours. Some volunteers work during holiday periods and weekends.

CATHOLIC MISSION

www.catholicmission.org.au Young adults may engage in advocacy and formation activities for Catholic Mission. Immersion Experiences are also available, where a small group of adults visits church and school communities in an Australian Indigenous context or an overseas country for 10 to 12 days.



WELLBEING

FIND HELP AND SUPPORT, WELLBEING & RELATIONSHIPS

CATHOLICCARE VICTORIA

www.catholiccarevic.org.au

Professional social service fostering hope, growth and wellbeing. It supports people at every stage of life, to build strong, positive relationships and reach their full potential. There are locations across Victoria, including:

Bendigo: Ph: 03 5438 1300.

Shepparton: Ph: 03 5820 0444

Echuca: Ph: 03 5820 0444

HEADSPACE

www.headspace.org.au For young people experiencing a hard time. Online help and links: "Headspace Centres act as a one-stop-shop for young people who need help with mental health, physical health, including sexual health, alcohol and other drugs or work and study support."





STAY SMART ONLINE

www.cyber.gov.au Australian Government site with easy-to-understand advice on how to protect yourself online, and up-to-date information on the latest online threats and how to respond.

ANTI-PORNOGRAPHY ASSISTANCE

THE PORN EFFECT

www.theporneffect.com Porn doesn't work. Choose love instead. Join a community of awesome people who are done with porn's lies and are ready for a better life, with a Five-Step approach to removing pornography from your life.

COVENANT EYES

www.covenanteyes.com Covenant Eyes can help you to quit porn for good. What people do online impacts their lives offline. Protect yourself with Covenant Eyes screen accountability and more resources.

COPING WITH SUBSTANCE ADDICTION

CATHOLICCARE VICTORIA – ALCOHOL AND OTHER DRUGS SERVICE

www.catholiccarevic.org.au/page/11/alcohol-other-drug-family-service
CatholicCare counsellors specialise in helping people with problematic alcohol and other drug use, and to address the social and emotional challenges, and relationship strain or breakdown that are associated with addiction.

SUBSTANCE ABUSE FAMILY SUPPORT (MACKILLOP FAMILY SERVICES, MELBOURNE - BASED)

www.mackillop.org.au/programs/substance-abuse-and-family-support
Services to families where parental/carer substance misuse is impacting family function; Alcohol and Other Drug (AOD) counselling, relapse prevention, harm minimisation. Links to other AOD services and support networks, assistance to families to create a safe and stable environment, enhance relationships, parenting skills, life skills, personal development. Connection to other community supports.

VIC HEALTH — ALCOHOL AND OTHER DRUGS TREATMENT SERVICES

www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services
Victoria's specialist alcohol and other drug treatment services are available to all Victorians regardless of where they live. People who require treatment, information or advice for alcohol and drug-related issues may contact DirectLine on 1800 888 236.

APPS ... Reimagining the Examen; offers a unique prayer experience that's tailored to your needs and mood. Each Examen guides you through a stimulating reflection on your day, helping you invite God into your nitty-gritty.

Hallow A Catholic prayer app that offers audio-guided meditation sessions to help grow in our faith and spiritual lives. There is a free and paid version.



FAITH **EX**

Bread 4Today Prayers with themes such as: Courage, A Just World, Relationships, Hope, Peace, Hard Times, God, Faith, Forgiveness, Special Intentions. Useful Links.

3 Minute Retreat. Prayer App or online. Daily 3-minute reading, prayer, reflection.

Sacred Space A 10-minute 'Sacred Space' with Scripture, reflection and prayer on computer, tablet or smartphone, make a 'Sacred Space' in your day, scripture chosen every day and on-screen guidance. Produced by the Irish Jesuits.

Bible – YouVersion Bring the beauty and truth of the Bible into everyday life. With the YouVersion Bible App, you can read, watch, listen, and share scripture right on your phone.

Click to Pray The official app of Pope Francis’ Worldwide Prayer Network, that connects you with thousands of people who pray every day for the challenges of humanity and for the mission of the Church.



EXPERIENCES

Daily Prayer A few moments of quiet prayer. Daily reflections on the Gospel readings to help you connect with God in your life, blog is updated weekly.

Laudate Laudate combines a large number of Catholic religious resources, giving you instant access to everything you could need, from a copy of multiple versions of the Bible, to prayers, confession prompts, and more.

PODCASTS ...

Word on Fire

Weekly podcast from Bishop Robert Barron on faith, life and culture.

Catholic Influencers

FRG Ministry brings you conversations with Catholic Influencers to help Catholics go further in influencing our world for Jesus.

Fr Mike Schmitz

Fr. Mike's popular Ascension Presents video series in audio form; listen on the go.

Abiding Together

Abiding Together provides a place of connection, rest and encouragement for women who are on the journey of living out their passion and purpose in Jesus Christ.

Busted Halo

Busted Halo® Ministry helps young adults to explore their spirituality, listen to and encourage one another, discover (or re-discover) the rich depths of Catholic tradition.



REFLECTION DAYS, RETREATS AND FESTIVALS

Watch for opportunities advertised through parishes and online via the Sandhurst Diocese website. Talk with the Sandhurst Youth Ministry Team about organising a mini-retreat or retreat day for your group or region. Look out for programs organised by young adults networks in Sandhurst and other dioceses.

AUSTRALIAN CATHOLIC YOUTH FESTIVAL

www.youthfestival.catholic.org.au The Australian Catholic Youth Festival (ACYF) is held every 2 to 3 years. Hosted by the Australian Catholic Bishops' Conference (ACBC) Office for Youth to engage and empower young people in the life of the Catholic Church. The next ACYF is in Melbourne 2025, for details on how to get involved, contact Sandhurst Youth Ministry team.

IGNITE CONFERENCE

www.igniteyouth.com A contemporary Catholic conference held annually in Brisbane and Sydney for adults, students, children, ministry leaders, teachers, parents, priests and religious. It's about encountering Jesus Christ and the Church, experiencing dynamic faith, being equipped for ministry, living the Christian life, and being empowered to impact the Church and the world.

CAMPION IGNATIAN SPIRITUALITY AND RETREAT CENTRE

www.campion.asn.au Campion offers a diversity of programs, including retreats based on the spirituality of Saint Ignatius of Loyola. The Centre is

dedicated to strengthening individuals in a quiet, peaceful environment that encourages reflection and growth in spirituality.

HEART OF LIFE SPIRITUALITY CENTRE

www.heartoflife.melbourne HOLSC is founded by the Missionaries of the Sacred Heart who are Inspired by God's love for all people. They offer retreats, seminars, workshops, ministry formation programs and spiritual direction.

PILGRIMAGE & MISSION EXPERIENCES

WORLD YOUTH DAY

WYD is held approximately every 3 years. Join us in Seoul, South Korea 2027.

NET MINISTRIES

www.netministries.com.au Are you between 18 and 30 years of age? Are you excited about your faith? Do you have a desire to share the love of Jesus with others? NET is looking for young men and women to dedicate a year of their lives to serve with NET Ministries in Australia, Canada, USA, and Ireland.

YOUTH MISSION TEAM

www.ymt.com.au YMT is about empowering young people to live life to the full through a personal relationship with God and a revelation of their own value. Focused on the character and faith development of teenagers, YMT facilitates powerful, energetic programs for schools and churches, as well as weekly youth groups and weekend camps.

WORLD YOUTH



YOUTH DAY





YOUR CALLING

DISCERNING YOUR VOCATION

Vocation comes from the Latin *vocare*: to call, reflecting on the belief that each person is created with dignity and a purpose. Each different vocation is a reflection of the impact that we are called to have on the world around us through our desires, talents and actions. In discerning whether we are called to Marriage and Family, Vowed Religious Life, Priesthood or Committed Christian Single Life, we are better able to understand ourselves and the ways God speaks to our heart.

RELATIONSHIPS

SMART LOVING

www.smartloving.org 'SmartLoving' from the Marriage Resource Centre offers resources to support couples in their commitment from the beginning and through life. Includes: dating, engagement, marriage seminars, retreats, 'Break Through' workshop, Smart Loving Basics, trust, spirituality, sex, fertility, Smart Loving SOS, resources and events.

YOURCHOICEZ

www.yourchoicez.com.au Every young person deserves the right to experience relationships that are happy, safe and respectful. YourChoicez aims to open up conversations about decisions concerning sex and relationships, to bring empowerment to teens, parents and teachers.

REALTALK AUSTRALIA VIDEOS

www.realtalkaustralia.com Real Talk is about getting real on the topics of sex, relationships and personal identity. Based on Christian values and using personal identity.

MARRIAGE PREPARATION IN THE PARISH

Contact your local parish priest or parish leader for pre-marriage interviews, to explore the sacramental nature of marriage and to prepare the wedding liturgy. Participate in the FOCCUS experience and a Pre-Marriage Education program exploring communication skills, problem-solving strategies, marital goals and expectations, family background influences, staying close as a couple and much more. FOCCUS assists couples to communicate at a deeper level on expectations, family, friends, interests, religion, sexuality, relationship and communication skills. Participation in FOCCUS is available through CatholicCare and many local parishes. Contact CatholicCare: Ph: 03 5438 1300. and a Pre-Marriage Education program exploring communication skills, problem-solving strategies, marital goals and expectations, family background influences, staying close as a couple and much more. FOCCUS assists couples to communicate at a deeper level on expectations, family, friends, interests, religion, sexuality, relationship and communication skills. Participation in FOCCUS is available through CatholicCare and many local parishes. Contact CatholicCare: Ph: 03 5438 1300.

AUSTRALIAN CATHOLIC MARRIAGE AND FAMILY COUNCIL

www.acmfc.org.au Resource kits, booklets and online Q & A's: 'Getting Married in the Catholic Church'

RELIGIOUS LIFE

RELIGIOUS LIFE AND PRIESTHOOD IN THE SANDHURST DIOCESE

'Vocations' link at: **www.sandhurst.catholic.org.au** There are opportunities to explore possible vocations to the priesthood or religious life in the Sandhurst Diocese.

Contact Sandhurst Vocations Ministry Director Fr Nathan Verallo, Phone 03 5722 1970.

CATHOLIC VOCATIONS MINISTRY AUSTRALIA (CVMA)

www.catholicozvocations.org.au Information, resources, prayer, reflection, useful links and Q & A's regarding the vocations of priesthood, marriage and parenthood, vowed religious life and committed single life.



FURTHER STUDY

ADULT FAITH EDUCATION SANDHURST

www.sandhurst.catholic.org.au/adultfaitheducation Introduction to Catholic Faith, Scripture, Prayer and Spirituality, Catholic Social Teaching and more. Resources free to download. Faith Education courses, seminars and diocesan events information.

ARETE CENTRE FOR MISSIONARY LEADERSHIP

<https://aretecentre.org> The Arete Centre brings together sound theological knowledge and dynamic and life-changing encounters with the living God to inspire pastoral and ministry leaders to excellence in servant leadership, to live up to their God-given potential and to grow in knowledge needed for the Church's mission in the world today.

BOSTON COLLEGE (USA) SCHOOL OF THEOLOGY AND MINISTRY

— **ENCORE** **www.bc.edu/bc-web/schools/stm/sites/encore** Free videos of talks by well-regarded presenters on many topics: Scripture, Catholic Tradition, Sacraments, Liturgy, Moral Life, Spirituality and Prayer Ministries.

BOSTON COLLEGE (USA) SCHOOL OF THEOLOGY AND MINISTRY —

CROSSROADS **www.bc.edu/bc-web/schools/stm/sites/crossroads** Short online courses (2-4 weeks) with internationally recognised educators. Low cost. Certificates for participation via reading and short posts in group 'conversations'. No assignments. Topics cover: Scripture, Themes from our Christian Tradition, Sacraments and Liturgy, Moral Life, Spirituality and Prayer Ministries.

UNIVERSITY OF NOTRE DAME (USA) — STEP (SATELLITE THEOLOGICAL EDUCATION PROGRAM)

www.mcgrath.nd.edu/online-courses/step Online 6 or 7-week theological units at moderate cost. Units may be studied separately or in sets of units with assessed final assignments to achieve a 'Certificate of Catholic Theology' in Doctrine, History, Liturgy or Scripture. The Certificate of Catholic Theology program is open to anyone. STEP courses may suit those who are not looking for university level studies, or looking for a possible 'stepping stone' towards university studies.

DAYTON UNIVERSITY'S USA VIRTUAL LEARNING COMMUNITY FOR FAITH FORMATION (VLCFF)

www.vlcff.udayton.edu Dayton University, a Catholic Marianist university, offers a wide range of quality online low-cost courses

in which anyone can participate at a time to suit them. Includes: Scripture, Theology, Church History, Morality, Social Justice, Liturgy, Spirituality, Youth Ministry and more. Certificates issued for completed courses.

UNIVERSITY DEGREE STUDIES

CATHOLIC THEOLOGICAL COLLEGE (CTC) — UNIVERSITY OF DIVINITY www.ctc.edu.au Theological College of the Victorian Dioceses of Sandhurst, Ballarat, Sale and the Archdiocese of Melbourne. CTC is part of the Melbourne College of Divinity. CTC offers a wide program of undergraduate and post-graduate studies in theology and related areas. Studies can be undertaken either for credit towards a degree, or by audit (without assessment or credit) for personal or professional enrichment. Commonwealth FEE-HELP available.

AUSTRALIAN CATHOLIC UNIVERSITY (ACU) www.acu.edu.au ACU offers Theology and Philosophy courses in Ballarat or Melbourne. As a Catholic university, ACU engages in the Catholic intellectual tradition where faith and reason are compatible in education, and knowledge is cultivated in an environment that fosters intellectual freedom, personal development and equity for all. Commonwealth FEE-HELP available.

YARRA THEOLOGICAL UNION (YTU) — UNIVERSITY OF DIVINITY www.ytu.edu.au Catholic in tradition and ecumenical in spirit, Yarra Theological Union offers theological and personal formation for many kinds of service. Undergraduate and post-graduate study. Commonwealth FEE-HELP available.

JESUIT COLLEGE OF SPIRITUALITY (JCS, BASED IN PARKVILLE) www.jcs.edu.au A work of the Australian Province of the Society of Jesus (Jesuits), specialising in post-graduate degrees and Ignatian spirituality. The curriculum offers a variety of student-centred learning opportunities for Educators, Social Workers, Spiritual Guides, Companions, Ministers, Chaplains, Pastoral Care Workers and Business Leaders.

THE BROKEN BAY INSTITUTE (BBI)— ONLINE www.bbi.catholic.edu.au Online studies in Theology, Pastoral Ministry, Spirituality and Philosophy in partnership with Sydney College of Divinity. Commonwealth FEE-HELP available



GARRATT PUBLISHING

www.garrattpublishing.com.au

Publisher and distributor of Catholic and Christian Books and other resources. Online store available.

PAROUSIA

<https://parousiamedia.com/ewtn>

Online and physical Catholic resources for Evangelisation, leadership and formation.

SHALOM WORLD TV

www.shalomworldtv.org

Catholic streaming service that provides series, documentaries, as well as livestreaming many national and international Catholic events, including the Ignite Conference, ACYF and World Youth Day.

RESOURCES





CRADIO

www.cradio.org.au
Australian Catholic media
service, free access to
Catholic programs, talks
and music.

THE WELL

thewell.org.au From the
Diocese of Parramatta,
resources and engaging,
homegrown content for faith
communities. This includes
devotions, kids' shows,
prayers and acoustic worship,
to resources on leadership
and faith for young people
and others of all ages.

SANDHURST DIOCESE CATHOLIC EDUCATION OFFICE LIBRARY LEARNING CENTRE

www.ceosand.catholic.edu.au/about-us/library-learning-centre-llc

Borrow books, DVDs and music CDs.

Register online to borrow Faith Education resources.

Open 8.30 am – 5.00 pm Monday to Friday during school terms
and on selected days during the last week of school holidays.

Located near St Kilian's Church on McCrae Street, Bendigo.

SandhurstYouth



StrongerYouth

*Youth Pathways
is presented by:*

SANDHURST YOUTH MINISTRY

DIOCESE OF SANDHURST

174 McCrae St, Bendigo Vic 3550

P.O. Box 201 Bendigo Vic 3552

Phone: 03 5441 2544

Web: www.sandhurst.catholic.org.au







CATHOLIC DIOCESE OF SANDHURST