

Youth PATHWAYS





Greetings,

We are excited to share with you the 'Youth Pathways' booklet.

The booklet produced by the Catholic Diocese of Ballarat outlines opportunities to assist you on your faith journey.

There is information about a variety of youth ministry and young adult activities, as well as details on faith formation, social justice and outreach initiatives that you may like to consider. A range of social media networks and online forums offer choices for you to connect with the wider Catholic community. In addition, there are links to resources to support you in prayer and spirituality and to help you explore your calling in life.

There is information about reflection days, festivals, immersions and pilgrimage experiences you can take part in to grow in your faith and qualifications available in theology, ministry formation, training and much more.

We hope that this document will help you to deepen your faith and find ways to live out your faith in your daily life.

Bishop Paul Bird CSsR
Bishop of Ballarat

Tom Sexton
Chief Executive Officer
DOBCEL

Acknowledgement of Country



In the spirit of reconciliation, we acknowledge the traditional custodians of the lands in which the Diocese of Ballarat sits.

We would like to pay our respects to the Aboriginal Elders past, present and future for they hold the traditions, memories and wisdom of Mother Earth on which we place our feet today.



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CONNECT



CONNECT WITH YOUNG ADULTS IN THE BALLARAT DIOCESE

To get involved, share ideas, or find out more, get in touch with the team via email or phone -

youth@ballarat.catholic.org.au or
03 53377154

CONNECT WITH YOUNG ADULTS

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 adult 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 BALLARAT

www.ballarat.catholic.org.au The Catholic Diocese of Ballarat is diverse and geographically extensive with thirty-two parishes which covers the western third of Victoria, extending from the Murray River in the north to the Southern Ocean. Information and news about the diocese and its parishes, diocesan organisations, events, resources, contacts and links can be found on the website.

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.

PLENARY COUNCIL

www.plenarycouncil.catholic.org.au Listen to what the Spirit is saying ... The Plenary Council was a gathering of Catholics from across the country prayerfully deciding future directions for the Australian Catholic Church. Catholics from across the country have had the opportunity for sharing their stories and experiences as well expressing their hopes for the future.

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 maybe a helpful website.

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 will 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 the local RCIA process.

Follow the parishes link at www.ballarat.catholic.org.au or reach out to the Pastoral Ministry Office for more information on 03 53377159



SOCIAL JUSTICE AND OUTREACH

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

AUSTRALIAN CATHOLIC SOCIAL JUSTICE COUNCIL

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.

OUTREACH



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.

CATHOLIC EARTHCARE AUSTRALIA (CEA)

www.catholicearthcare.org.au Agency of 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, promoting 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.

ON TRACK FOUNDATION BALLARAT

<http://ontrackfoundation.org.au> OTF'S vision is one of compassion, justice and meaning, expressed through a caring community where all people are valued and respected. Ph: 0411 090 033

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.

ROSIES 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 visit church and school communities in an Australian Indigenous context or an overseas country for 10 - 12 days.





WELLBEING

FIND HELP AND SUPPORT WELLBEING AND RELATIONSHIPS

CATHOLICCARE VICTORIA

www.catholiccarevic.org.au A 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. Programs and services offered across ten sites in Ballarat, Daylesford, Maryborough, Warrnambool, Mildura, Horsham, Hamilton, Bacchus Marsh, Swan Hill and Geelong. Ballarat: Ph: 03 53378999.

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.

BERRY STREET

<https://www.berrystreet.org.au> Berry Street has provided services to children, young people and families for over 140 years. They are one of Australia's largest independent family service organisations. Berry Street believes that children, young people and families should be safe, thriving, and hopeful. Western Region (Ballarat office) Ph: 03 53305000

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 is 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.

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. Direct line on 1800 888 236.







FAITH EXPERIENCES

APPS ...

Reimagining the Examen

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.

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 the Pope's Worldwide Prayer Network, connecting you with thousands of people who pray every day for the challenges of humanity and for the mission of the Church.

Bread4Today

Prayers with themes such as: Courage, A Just World, Relationships, Hope, Peace, Hard Times, God, Faith, Forgiveness, Special Intentions. You may also find other useful links.

3 Minute Retreat

Prayer App or online. Daily 3-minute retreat with short 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.

Daily Prayer

A few moments of quiet prayer. Daily reflections on the Gospel readings to help you connect with God in your life, while our 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

Catholic Influencers

FRG Ministry brings you conversations with catholic influencers to help Catholics go deeper and further in influencing our world for Jesus.

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.

Fr Mike Schmitz

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

REFLECTION DAYS, RETREATS AND FESTIVALS

AUSTRALIAN CATHOLIC YOUTH FESTIVAL

www.youth.catholic.org.au The Australian Catholic Youth Festival (ACYF) is held every 2 - 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. For details on how to get involved, contact the Pastoral Ministry Office.

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

<https://jisa.org.au/vic-campion/> 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

<https://worldyouthday.com/> World Youth Day (WYD) is a worldwide encounter with the Pope which is typically celebrated every three years in a different country. More information is available from the Pastoral Ministry Office, ph: 53 377154 or email youth@ballarat.catholic.org.au

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 are 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.



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 relationship that is 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 sharing, a team of dynamic presenters offers presentations, programs and up-to-date resources.

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. Participation in FOCCUS is available through CatholicCare and many local parishes. Contact CatholicCare: 03 53378999

AUSTRALIAN CATHOLIC MARRIAGE AND FAMILY COUNCIL

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

RELIGIOUS LIFE

RELIGIOUS LIFE AND PRIESTHOOD IN THE BALLARAT DIOCESE

'Vocations' link at: www.ballarat.catholic.org.au There are opportunities to explore possible vocations to the priesthood or religious life in the Ballarat Diocese. Contact Ballarat Vocations Ministry Director Fr Ed Moloney: 03 53312933 or youth@ballarat.catholic.org.au

CATHOLIC VOCATIONS MINISTRY AUSTRALIA (CVMA)

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

FURTHER STUDY

DIOCESAN LAY PASTORAL MINISTRY PROGRAM

www.ballarat.catholic.org.au/services-agencies-2/pastoral/pastoral-ministry/lay-pastoral-ministry-program/ The Lay Pastoral Ministry Program offers low cost opportunities for formation, support, study and certification for lay pastoral employees and volunteers in the Ballarat Diocese in partnership with the Virtual Learning Community, Dayton University. Ph: 03 53377121 or email: youth@ballarat.catholic.org.au

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 & 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, Prayer and Spirituality, 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.



UNIVERSITY DEGREE STUDIES

CATHOLIC THEOLOGICAL COLLEGE (CTC) - UNIVERSITY OF DIVINITY

www.ctc.edu.au Theological College of the Victorian Dioceses of Ballarat, Sandhurst, 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 is 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 & equity for all. 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 available. FEE HELP available.

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

RESOURCES

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, Australian Catholic Youth Festival and World Youth Day.

CRADIO

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

THE WELL

<https://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.

PAULINE MEDIA

<https://www.paulinebooks.com.au> Pauline Books & Media centres around the world are an expression of the ministry of the Daughters of St Paul, an international congregation of women religious, founded to spread the Gospel through the channels of the modern media.



YOUTH PATHWAYS

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CATHOLIC
DIOCESE
of
BALLARAT





