

PARISH *Life*

You have a parish community **waiting for you**. If you are active in your parish, continue finding ways to grow as a young adult in the life of the parish. If you were not active in high school, or find yourself coming to a new city, reach out to a local Catholic parish and introduce yourself!

For Mass times in the Diocese of Hamilton, use the QR code.



CATHOLIC CHAPLAINCY *Groups*



DID YOU KNOW?

Most universities have Catholic Chaplaincy Groups. To access the Catholic Chaplaincy Groups located within the Diocese of Hamilton scan the QR code.



YOUNG ADULT *Groups*



GET INVOLVED!

Find a Catholic parish who has a young adult ministry. **Bring a friend** and stay connected with your faith.

CATHOLIC *Vocations*



DISCERN NEXT STEPS

Thinking about becoming a priest or a religious brother or sister? The **Vocations Office** at the Diocese of Hamilton can help you discern. Use the QR code to visit their site.



FOLLOW US *Social Media*



@officeofyouthministry



/dioceseofhamilton



@diocesehamilton



Faith Journey AFTER GRADUATION

Staying connected to your faith after High School Graduation



OFFICE OF
Youth Ministry
DIOCESE OF HAMILTON

CONGRATULATIONS - you have Graduated!

But how do I stay connected to my faith after leaving a Catholic High School? **Great question!** The Catholic community does not disappear! We have *many* options for you to consider, depending on your next steps!



CULTIVATE A *Life of Faith*



Pray

Find time to build a relationship with Jesus. Pray **often**. Read scripture to guide you.



Attend Mass

Carve out time in your schedule to attend Mass.



Stay Current with Topics of Faith

Follow Catholic content on Social Media to stay current with Catholic thought. Find a list of **Catholic Apps** and Podcasts by scanning the QR code.



Join Catholic Groups

Join Catholic groups in your area or online for **discussions of faith**, opportunities for prayer and much more!



Outreach in your Community

Live out the **Corporal Works of Mercy**. Find an organization where you can be the hands and feet of Christ.



Christus Vivit

Read Pope Francis' **letter to young people**. He has some great messages for you!



"Dear young people, do not bury your talents, the gifts that God has given you! Do not be afraid to dream of great things!"

- Pope Francis