

## “THIRD GENERATION” CATHOLIC YOUTH MINISTRY

A third generation approach to youth ministry not only works towards growing a comprehensive ministry to, by for, and with teens, but includes the following distinctions: First, it recognizes the eagerness of present-day teens to be fully involved as the “church of today” by working towards the integration of teens into the larger life of the parish (as opposed to only age-segmented programs).

**VITAL 3.0 is a two-year team and parish-based strategic process for cultivating third generation, disciple-making, Catholic youth ministries.**

Secondly, it emphasizes importance of the family as the primary context for faith development. The result is an increased emphasis on intergenerational ministry and ministry to parents and families.

Finally, third generation youth ministry expands the borders of youth ministry, recognizing that the effectiveness of a youth ministry is intimately connected to the health, vitality, leadership, and vision of the larger faith community. The parish community — with its relationships, values, theology, mission, practices, and activities — acts as a life and faith shaping system for teens. Ministry with teens is not the exclusive responsibility of the youth ministry coordinator and team. Rather, the entire faith community and their embodied expression of intergenerational discipleship is the primary delivery system.

[www.CultivationMinistries.com](http://www.CultivationMinistries.com)



P.O. Box 662, St. Charles, Illinois 60174  
630.513.8222 | [info@cultivationministries.com](mailto:info@cultivationministries.com)  
[www.CultivationMinistries.com](http://www.CultivationMinistries.com)

# CULTIVATION MINISTRIES’ VITAL 3.0

**A Strategy for Growing  
Third Generation  
Catholic Youth Ministries**

Cultivation Ministries is a not-for-profit organization dedicated to developing disciple-making, Catholic youth ministries. We specialize in training both volunteer and professional youth ministers, helping parishes with the nuts and bolts of developing a self-sustaining youth ministry, and producing resources in order to support both adult and teen leaders. We use an agricultural metaphor to describe the process for growing a fruit-bearing youth ministry— prepare the soil, sow, grow and reap.

Since 1991, Cultivation Ministries has trained thousands of youth ministers in hundreds of parishes internationally. Our mission is:

To cultivate team-based, comprehensive, and intergenerational disciple-making Catholic youth ministries by training, supporting, and resourcing adult and teen leaders.



## DISCIPLE-MAKING YOUTH MINISTRY

VITAL 3.0 helps cultivate a parish and youth ministry that is focused on growing teen disciples. VITAL 3.0 uses a cultivation metaphor and process that addresses four essential areas of ministry:

- **PREPARE:** Forming skilled, competent, and visionary leadership.
- **SOW:** Building an evangelizing youth ministry and parish.
- **GROW:** Forming a community of disciples.
- **REAP:** Training and empowering teens in the mission & ministry of the Church.

VITAL 3.0 not only helps parishes grow a comprehensive youth ministry, but helps move parishes towards a third generation expression by building an intergenerational, parish culture that grows teen disciples.

## ON-SITE TRAINING SESSIONS

The on-site training sessions are interactive, skill and application based. They include:

- Session for preparing the Youth Ministry Coordinators
- Session for pastors and pastoral staff
- Sessions for the entire youth ministry team

A “Third Generation” youth ministry process that addresses parent ministry, parish vitality, and church culture.

## ON-SITE TRAINING SCHEDULE (SATURDAYS, 9 AM TO 4 PM)

### PREPARE (Coordinator Training Session)

- The roles of the youth ministry coordinator
- Recruiting and managing an empowered volunteer team
- Growing a third generation youth ministry
- Growing an impacting and self-sustaining youth ministry team
- The “Cultivation” process for growing a disciple-making youth ministry
- Developing skills for effective group processes (team meeting facilitation, decision-making, conflict management, etc.)



### PREPARE (Pastors & Pastoral Staff) 2 Hour Mini Session (Friday AM)

- Qualities of congregations that produce mature teen disciples
- The influence of the pastor in producing mature teen disciples
- Parish collaboration in growing an exemplary youth ministry culture

### PREPARE (Youth Ministry Team Session)

- The qualities and characteristics of third generation youth ministry
- How to develop a third generation strategic plan for youth ministry
- The “Cultivation” process for growing a disciple-making youth ministry
- Spiritual growth practices for the youth minister
- Growing an impacting intercessory prayer base

### SOW (Youth Ministry Team Session)

- The new Catholic and the new evangelization
- Developing personal and relational evangelistic skills
- The evangelizing power of authentic community
- Gathering and non-gathering expressions of evangelization

### SOW & Grow (Youth Ministry Team Session)

- Evangelization of parents and families
- Large gathering evangelization
- Millennials: Their characteristics and pastoral implications
- Adolescent development and pastoral practices

### GROW (Youth Ministry Team Session)

- Practical strategies for fostering mature teen disciples
- Designing engaging catechetical sessions for teens
- Equipping parents as primary religious educators
- Family and intergenerational faith formation

### GROW & Reap (Youth Ministry Team Session)

- Small group ministry and skills (Formats, facilitation, dealing with personalities, etc.)
- Developing pastoral skills (listening, praying with others, etc.)
- Growing teen leaders and ministers

### REAP (Youth Ministry Team Session)

- How to develop a peer ministry team
- Leading impacting justice and service ministries (teens, families, intergenerational)
- Strategies for integrating teens into larger parish ministries

## ONLINE WEBINARS/COORDINATOR CONSULTS

In addition to the on-site training, youth ministry coordinators receive six live, online gatherings that serve to further train or provide consultation sessions as the teams work through their strategic planning milestones.

### Online Schedule

- Your Myers-Briggs Type and Leading Your Team
- The Agenda and Steps to Establishing an Impacting Mission
- How to Assess the Needs of the Teen Church
- Developing A Strategic Plan
- General Consultations (2) (Based on the needs of the network)

## TRAINING RESOURCES

### Each participant receives:

- A VITAL 3.0 Training Binder
- Growing Teen Disciples book

### Additionally, Coordinators receive:

- Team meeting Agendas (that break down eight planning milestones)
- Additional articles

