

## **Young Adults Ministry**

### **Parish Ministries of St. Paul's Cathedral**

**The Young Adults group at St. Paul's is for all "young adults" who have completed high school. We are a mixed group of people involved in post-secondary school, various types of employment and other exciting life adventures!**

**We gather at the Cathedral around a meal. Sometimes weekly, sometimes bi-weekly, sometimes monthly depending on the time of the year. We spend time together in the kitchen cooking and baking together, creating the meal which we then sit down and enjoy eating together. We always share stories and laugh lots. At times we pull out board games and at other times we gather for prayer, reflection and discussion.**

**We are an informal group gathering together to support one another and build community together. Gatherings take place during the week, one-on-one or as a small group over coffee, lunch or treats! Any and all are welcome to join us. To be added to the email list or for more information about when we are gathering (or to meet with the Young Adults Ministry Coordinator), please contact Melissa Green ([stpaulscathedralyouth@gmail.com](mailto:stpaulscathedralyouth@gmail.com) or 250-682-4866).**

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