



United States
Conference of
Catholic Bishops

Pilgrims on the Way of Hope: A Resource for the Jubilee of Young People

Jubilee 2025: Pilgrims of Hope

United States Conference of
Catholic Bishops

Jubilee of Young People (Young Adults): Resource Packet

July 28 - August 3, 2025

INTRODUCTION & OVERVIEW

The Holy See has designated a number of Jubilee Days throughout 2025 to recognize and celebrate different groups of people and various ministries in the Church. The Jubilee of Young People (Young Adults*) will be held from Monday, July 28, to Sunday, August 3, 2025 (which will include the canonization of Pier Giorgio Frassati); however, these resources can be used for engaging and celebrating young adults at any time throughout the Jubilee Holy Year.

(*) It should also be noted that the official language used for this particular celebration on the Vatican calendar calls it a Jubilee of “Youth” or “Young People.” These are international terms that refer to women and men from about age 18 to 35, what those in the United States would call “young adults.” With this in mind, the USCCB affirms this celebration for any person from the age of 18 through their 30s, single or married,

with or without children, which is the “young adult” definition established in *Sons and Daughters of the Light* (USCCB, 1996) and reaffirmed in *Listen, Teach, Send* (USCCB, 2024).



This resource packet is for anyone who finds it useful. It can be used and/or adapted by dioceses, eparchies, parishes, schools, campuses, apostolates, movements, organizations, or individuals to plan their celebration of the Jubilee of Young People. It might also serve as a catalyst or inspiration for the creation and development of local or year-round resources for the young adult community.

For young adults or ministry leaders accompanying young adults who are making a Jubilee pilgrimage to Rome or to a particular Jubilee celebration or holy site in a diocese or eparchy within the United States during 2025, this packet can also serve as an aid in the preparation or experience of that trip.

Additional resources for the Jubilee for Young People and other celebrations can be found online at the USCCB Jubilee Year web pages: available in English at <https://www.usccb.org/committees/jubilee-2025> and available in Spanish at <https://www.usccb.org/es/committees/jubileo-2025>. The particular page on this Jubilee celebration can be found directly at <https://www.usccb.org/jubileeyoungpeople2025>.



SPIRITUAL REFLECTION

In anticipation of the Jubilee of Young People, set within a yearlong celebration of hope, we remember the words of Pope Francis in his exhortation, *Christus Vivit* (CV):

Keep following your hopes and dreams. But be careful about one temptation that can hold us back. It is anxiety. Anxiety can work against us by making us give up whenever we do not see instant results. Our best dreams are only attained through hope, patience and commitment, and not in haste. At the same time, we should not be hesitant, afraid to take chances or make mistakes. Avoid the paralysis of the living dead, who have no life because they are afraid to take risks, to make mistakes or to persevere in their commitments. Even if you make mistakes, you can always get up and start over, for no one has the right to rob you of hope. (CV, no. 142)

In this passage, the Holy Father sympathized with young adults who feel overwhelmed by the clouds of loneliness, anxiety, isolation, depression, and fear, potentially causing them to lose hope. Hurtful realities faced within society and culture can further amplify young adult uncertainties.

And yet, Pope Francis calls on young adults to be “pilgrims of hope.” In fact, in one recent message, he said, “As young people, you are indeed the joyful hope of the Church and of a humanity always on the move” ([Message of His Holiness for the XXXVIII World Youth Day](#), November 23, 2023).

Despite the struggles that they face daily, the Holy Father believes young adults are called to something greater than whatever realities and hardships may be weighing heavily upon them. The occasion of this Jubilee Holy Year, rooted in

hope, can be the opportunity for young people to renew their belief in a God who conquers the darkness and overcomes the pain, anguish, and concerns of the world.

Why should young adults place their hope in this? Simply put: Jesus Christ overcame the greatest despair of death through the Resurrection. Pope Francis elaborates further: “Because he lives, there can be no doubt that goodness will have the upper hand in your life. If we hold fast to him, we will have life.” (CV, no. 127) The Catholic Church is a faith community founded upon the Paschal Mystery, a series of moments and events in the life, death, Resurrection, and Ascension of the Lord, culminating in the sending of the Spirit at Pentecost. This great trajectory is filled with great hope. Christ shows us nothing is impossible with God.

The Holy Father encourages patience, too, in seeking this hope. He knows young adults live in a culture of instant results and immediate gratification, but the old adage still rings true: “good things come to those who wait.” Just like a pilgrimage, which takes time and hard work, the journey towards dreams and goals will often be extensive and arduous. However, God takes the long view of history and sees what lies far beyond our current vision toward eternal life. Pier Giorgio Frassati (1901-1925), the worldwide patron of young adults whose long-awaited canonization will be celebrated as part of the Jubilee of Young People in summer 2025 (on the centenary of his entrance into eternal life), once noted, “I think peace will be a long time coming. But our faith teaches us that we must always keep on hoping we shall enjoy it one day” (Luciana Frassati, *A Man of the Beatitudes: Pier Giorgio Frassati* (San Francisco: Ignatius Press, 2001), 48). In short, if we have faith and trust in the Lord, we can also trust that goodness will always triumph in the end – for the world and for each one of us.



In this Jubilee moment, then, young adults are called to be *pilgrims of hope* for the Church and the world. They can show the way by witnessing and sharing not just immediate answers to their prayers, but also to the struggle of keeping hope alive in their hearts and souls, in the great expectation that God always provides.

Yet hope does not need to be an individual act. We need one another to support and strengthen us for the long road ahead. Pope Francis invites us to “journey together, young and old” with our eyes fixed on the future, “to nourish our enthusiasm, cause dreams to emerge, awaken prophecies, and enable hope to blossom” (CV, no. 199). Listening to and learning from one another, being inspired and motivated by one another, and working and witnessing the faith with one another (across generations, cultures, communities, and perspectives) are all ways that our hope can be sustained.

The Jubilee Holy Year is a celebration of the universal Church, where over a billion people come together in faith (united with billions more from centuries past). This worldwide expression of faith is a visible sign to the people of our planet of what happens when those of different languages, cultures, generations, and socio-political expressions can be united as one family of faith. What a great sign of hope for a fractured, divided world, especially when young adults are its heralds. Let us journey on together!

SUGGESTIONS FOR PILGRIM PREPARATION

One major element of the Jubilee celebration for Catholics is making pilgrimage. For some, that may involve going to Rome, where international pilgrims traditionally visit the Holy Doors of the four great basilicas (Saint Peter, Saint Paul Outside the Walls, Saint Mary Major, and Saint

John Lateran). For most others, though, local Jubilee pilgrimages can be made to diocesan or eparchial cathedrals, churches, and/or religious sites.

If headed to Rome for the Jubilee of Young People:

Should you or your ministry/group/community decide to travel to Rome, in particular for the Jubilee of Young People (July 28-August 3, 2025), the following may be helpful:

- Develop a trip of your own or go through a licensed tour operator that specializes or has experience in religious travel. The latter option may cost extra, but it can save a local organizer time; additionally, those operators may have existing connections with vendors and may be able to advise on travel concerns. PLEASE NOTE: The USCCB does not endorse nor identify any licensed tour operator as the official U.S. tour operator.
- The official Jubilee events for young adults, beginning July 28, include an Opening Mass in Saint Peter’s Square on July 29, Jubilee rites through the Holy Doors throughout the week, a Day of Reconciliation on August 1, an Evening Vigil at Tor Vergata on August 2, and the Closing Mass and Frassati Canonization at Tor Vergata on August 3. Participating in these activities will offer pilgrims the full Jubilee experience. The schedule of these activities is similar to World Youth Day gatherings, without the formal catechetical sessions.
- Since the Rome Jubilee will include the canonization of Pier Giorgio Frassati, be mindful of the large crowds that may come out for the Closing Mass.
- Regularly consult the USCCB page for the Jubilee on Young People for the latest updates and news: <https://www.usccb.org/jubileeyoungpeople2025>.



- Pilgrims and groups may also consider additional activities, either planned on their own or events hosted by organizations, apostolates, episcopal conferences, or movements.
- Prepare in a manner similar to World Youth Day, with liturgies, retreats, devotional and service experiences, community building, catechesis, and fundraising, as needed. Take time for prayer, especially with the Blessed Sacrament. Recommended reading should include *Christus Vivit*. With the anticipated canonization taking place as part of this Jubilee celebration, it may be especially helpful to prepare pilgrims on the life and gifts of Pier Giorgio Frassati--and why he is a great role model for young adults of any age and community.
- Practical travel preparation will be essential, especially since the Jubilee of Young People (and other Jubilee events in 2025) in Rome are expected to draw very large crowds. This particular event will also take place in the most hot and humid time of year, so it is important that pilgrims recognize causes, symptoms, and support for dehydration, sickness, and heat exhaustion should they arise.
- Pilgrims should bring backpacks, comfortable shoes, appropriate summer clothing, necessary medications and supplies, and resources that aid in pilgrim prayer. Packing light is essential.
- After returning home or to the United States, take time for prayer and theological reflection on the graces of God received during the pilgrimage to Rome. If you went as a group, continue to gather in the weeks and months following the trip to support one another and coordinate missionary actions.
- Since this event is similar to World Youth Day, check out the preparation tools, pilgrim leader guides, and other resources on the [USCCB World Youth Day USA web page](#).

If coordinating a local pilgrimage or event within the United States for young adults:

It is highly recommended to make pilgrimage to one's own diocesan or eparchial cathedral or other church(es) or religious site(s) designated by the bishop or eparch. In addition, hosting a special stateside simultaneous activity, event, or program during the timeframe of the international Jubilee of Young People can offer young adults who cannot travel to Rome a worthwhile experience of faith.

- Planning for a local pilgrimage or event can certainly take place at any time during the Jubilee Holy Year; however, there is great value and solidarity in doing it at the same time as the events for young adults in Rome (July 28-August 3, 2025). The exact timing, as well as the location or destination of the pilgrimage, is at the discretion of the local organizer(s).
- Research the pilgrimage destination or pilgrim event site to ensure that your visit does not coincide with liturgical or local community events or is being done within the posted opening hours for the intended location. You may wish to contact someone in leadership at the site in advance, especially if you plan to bring a group.
- Before embarking on the local pilgrimage or planning for the stateside pilgrim event, take time for prayer and community-building, similar to the spiritual preparation one would take before a national or international pilgrim journey (i.e. to Washington DC, Rome, the Holy Land, or World Youth Day).
- If going to a location farther away, consider preparing by doing a smaller walking pilgrimage within or around one's parish, campus, or local community, especially if the journey to or at the intended site will involve some walking. In fact, if it is not part of the



program or event, consider adding a walking component to whatever is being planned stateside. The spirituality of physical movement is a key ingredient to any experience of sacred pilgrimage.

- After returning home (even if the trip was local), take time for prayer and theological reflection on the graces of God received during the pilgrimage experience. If you went as a group, continue to gather in the weeks and months following the trip to support one another and coordinate missionary actions.
- Since this event is similar to a stateside World Youth Day, check out the preparation tools, pilgrim leader guides, and other resources on the [USCCB World Youth Day Stateside web page](#).

SUGGESTIONS FOR CELEBRATING YOUNG ADULTS LOCALLY

Suggestions for Parishes

- Use the weekend liturgies on either July 26-27 or August 2-3 to recognize all the young adults in the community: in the homily, general intercessions, with a special blessing, or by inviting young adults to serve in key liturgical roles. An example of a petition for the Prayer of the Faithful might include:

For young adults in this parish and in the wider community, in our families, and for young adults who remain distant from the faith, that they may rediscover the hope Christ brings, we pray to the Lord.

During the liturgy (in particular if done the weekend of August 2-3), it may also be appropriate to make mention of Pier Giorgio Frassati on the occasion of his canonization taking place in Rome.

- Have a reception or networking activity after all weekend Masses on either July 26-27 or August 2-3 and make a concerted effort to invite all those ages 18 to 39 to attend. During those gatherings, offer food and drink, opportunities to meet-and-mingle, and invitations to deeper faith engagement.
- Host a Jubilee prayer service, held at the parish at some point between July 28 and August 3, that recognizes all young adults, their gifts, and their contributions to society and to the Church.
- Use the Jubilee celebration as an opportunity to engage the wider parish community and parish leadership in the accompaniment and evangelization of young adults. This can include hosting a training workshop for parishioners and leaders on young adults; developing a parish-wide young adult mentorship program; holding small group conversations based on Pope Francis' *Christus Vivit* and the USCCB national framework, *Listen, Teach, Send*; or inviting key leaders in the community to a reception or dinner dialogue with those ages 18 to 39 in the local area, including young adults who are both active churchgoers and those who are less active in the practice of the Catholic faith.
- Host a book club around the USCCB national framework, *Listen, Teach, Send*, inviting anyone from the local community (including young adults) to read the bishops' document chapter by chapter over a multi-week period. Note that the framework has six sections (the preface letter, the introduction, parts 1, 2, and 3 on listening, teaching, and sending, and the conclusion), which can be read over a period of six sessions (or combined for a shorter program).



- Pray for and encourage young adults in the community during each of the Jubilee celebrations designated by the Church that connects to young adult lives; for example, during the Jubilee of Military Personnel, offer a special prayer for young adults in military service, or during the Jubilee of Seminarians, pray for young adults studying for priesthood, or during the Jubilee of Prisoners, take time to acknowledge and pray for incarcerated young adults in local, state, and federal prisons.
- Plan a local pilgrimage for young adults to the diocesan/eparchial cathedral or to another religious site or church in your area, using the ideas laid out in the previous section.
- Host a Pier Giorgio Frassati birthday celebration for young adults on or around Sunday, April 6, 2025 (the anniversary of his birthday in 1901) or a celebration of his entrance into eternal life on or around Friday, July 4, 2025 (the centenary anniversary of his death in 1925).
- Invite active churchgoing young adults in your parish to engage in “acts of hope” during the Jubilee Year, which can include visits with marginalized communities, evangelizing outreach to those who are disaffiliated from the Church, and/or engagement with their families on issues of faith. This is especially fitting during the canonization of Pier Giorgio Frassati, who was known for his own acts of hope and charity throughout his youth and young adulthood. Consider praying with his intercession before, during, and after the “acts of hope” in your local community.
- Livestream or replay video of key Jubilee events (i.e., Opening Mass, Vigil, or Closing/Canonization Mass) taking place in Rome between July 28 and August 3 at one or more young adult gatherings held at the parish (noting the time difference between Rome and your local area). You may also consider coordinating young adult programs at the

parish during the livestream viewings such as liturgies, Eucharistic adoration, confessions, catechesis, service projects, small groups, or social activities.

Suggestions for Dioceses and Eparchies

- Celebrate a liturgy or host a prayer service aimed at young adults at the diocesan/eparchial cathedral between July 28 and August 3, concurrent with the Jubilee celebrations happening in Rome.
- Hold a diocesan/eparchial-wide Jubilee walking pilgrimage for young adults from the cathedral (or another site of your choosing) to religious sites, churches, universities/schools, and/or to a Catholic-led social services center or institution. Consider also inviting the bishop or eparch on this journey.
- Post stories about young adults and ministry leaders accompanying young adults on the diocesan or eparchial website, social media channels, and communications (magazine, newspaper, newsletter, etc.) prior to and/or during the Jubilee of Young People in July and August 2025.
- Host a diocesan/eparchial-wide Jubilee gathering of young adults with the bishop/eparch. This can be a presentation, dialogue/discussion, meet-and-greet social, meal, liturgy, and/or a virtual event, allowing young adults across the diocese/eparchy to engage with their episcopal shepherd.
- Tour a display around the diocese/eparchy about the life and spiritual legacy of Pier Giorgio Frassati throughout the Jubilee Year. The diocese/eparchy can create posters, banners, handouts, video, or other presentation elements that can be lent to different parishes, campuses, schools, and religious sites, so that more people can learn about the patron of young adults being canonized in 2025. Similarly, this display could remain permanently at the diocesan/eparchial cathedral or another key diocesan/eparchial location fitting for the devotion to Pier Giorgio Frassati.



- Encourage all diocesan/eparchial offices and departments to feature, celebrate, or acknowledge young adults during July or August 2025, centered around the global Jubilee celebrations. This might need to be preceded by a workshop or meeting with diocesan/eparchial staff to coordinate efforts.
- Inaugurate a diocesan/eparchial initiative for young adults beginning with the Jubilee celebrations. This might include an area-wide evangelization effort (for example, around key moments of return for young adults such as Ash Wednesday); an annual award/recognition ceremony; an annual liturgy with the bishop; scholarship funds for college or graduate students; or an annual pilgrimage, etc.

ADDITIONAL RESOURCES & DOCUMENTS

- **[Christus Vivit \(Christ is Alive\)](#)**, Pope Francis (2019): an apostolic exhortation to and about young people (inclusive of young adults), which was the response of the Holy Father to the 2018 Synod on “Young People, the Faith, and Vocational Discernment” and which laid a new foundation for the Catholic Church’s current work with young adults. Available in print and in e-book from several Catholic publishers and online.
- **[Listen, Teach, Send: A National Pastoral Framework for Ministries with Youth and Young Adults](#)**, United States Conference of Catholic Bishops (2024): the U.S. Bishops’ response to Pope Francis’ *Christus Vivit* and a summons to the Church in the United States to reinvigorate its approach to young people. The document uses the Emmaus story (Lk 24:13-25) as the inspiration to ground ministries with youth and young adults in a three-movement process: listening, teaching, and sending. Available in print from Our Sunday Visitor and online.
- **[Sons and Daughters of the Light: A Pastoral Plan for Ministry with Young Adults](#)**, United States Conference of Catholic Bishops (1996): the U.S. Bishops’ outline for effective ministries with young adults. The document calls on Catholic communities to minister with young adults by connecting them to Christ, the Church, the Church’s mission, and to community engagement with their peers. Available online.
- **[USCCB Ministry with Young Adults Web Page](#)**, with resources for ministry with young adults and links to additional content, including webinars, collaborating organizations, and more. Available online.
- **[USCCB Global Celebration of Young People Web Page](#)**, with resources for the annual celebration of young people (inclusive of young adults) on Christ the King Sunday, including guidebooks, webinars, links, and more. Available online.
- **[National Institute for Ministry with Young Adults \(NIMYA\)](#)**, a nationwide formation, research, and resource center for pastors, parishioners, pastoral ministers, educators, and young adult leaders to network and learn best practices in the accompaniment and engagement of women and men in their late teens, twenties, and thirties. Available online.
- **[Catholic Campus Ministry Association \(CCMA\)](#)**, a nationwide ministry network to promote the mission of the Church and be her voice among students in higher education by empowering campus ministers through formation, networking, and resources. Available online.



KEY SAINTS

Holy Young Adult Companions

- **Bl. (and soon St.) Pier Giorgio Frassati (1901-1925, feast day July 4)**, patron of young adults, athletes, and World Youth Day. Called the Man of the Beatitudes by St. John Paul II, who noted Frassati was “a young man filled with a joy that swept everything along with it, a joy that also overcame many difficulties in his life.” (St. John Paul II, *Address to the Young People in Turn* (April 13, 1980), no. 4: *Insegnamenti* 3, 1 (1980), 905.)
- **St. Kateri Tekakwitha (1676-1680, feast day July 14)**, patroness of indigenous persons, Native Americans, and the environment. Kateri, “a young native of North America, was persecuted for her faith and, to escape, walked over three hundred kilometers in the wilderness” and “consecrated herself to God” (CV, no. 55).
- **Bl. Andrew Phú Yên (1624-1644, feast day July 26)**, “a young Vietnamese man of the seventeenth century” who “was a catechist and assisted the missionaries... imprisoned for his faith and since he refused to renounce it, he was killed... died uttering the name of Jesus” (CV, no. 54).
- **St. Thérèse of Lisieux (1873-1897, feast day October 1)**, patroness of the missions and known as the Little Flower. Recognized as a doctor of the Church, Thérèse “lived the little way of complete trust in the Lord’s love and determined to fan with her prayers the fire of love burning in the heart of the Church” (CV, no. 57).
- **Ven. Augustus Tolton (1854-1897)**, the first priest of acknowledged African descent in the United States who, as a young adult in his early 30s, took up his mission to serve marginalized communities in Chicago against great adversity and racism. His cause for canonization is currently active.

- **St. John Paul II (1920-2005, feast day October 22)**, pope from 1978 to 2005 and founder and patron saint of World Youth Day; originally from Poland, Karol Józef Wojtyła entered seminary life in secret as a young adult during the Nazi occupation of his country during WWII and, upon ordination in 1946, served actively in ministry with young adults throughout his priesthood and episcopal service.
- **Ven. Jan Tyranowski (1901-1947)**, lay minister, mentor, teacher, and friend of Karol Wojtyła during his young adult years in Kraków, Poland; worked professionally as an accountant and tailor, yet was inspired by the local Salesian community during WWII to engage in the spiritual life and ministry with young adults.

PRAYERS

Prayers for Young Adults

Sons and Daughters Prayer

Gracious and Loving God, Help these young men and women to be a light for all the world to see, in all the places they live and work. Let their light shine for all peoples: for their families, for their church communities, for their cultures and societies, for the economic and political systems, for the whole world.

Coming into the room where the disciples were gathered after the resurrection, "Jesus, your son, said: Peace be with you!" (Jn 20:21). Make these men and women bearers of Christ's peace.

Teach them the meaning of what was said on the mountain: "Blessed are the peacemakers, for they shall be called sons and daughters of God" (cf. Mt 5:9). Send them, Father, as you sent your son: to free their brothers and sisters from fear and sin.

We ask this of you, in Christ's name. Amen.

*("Final Prayer," from *Sons and Daughters of the Light*, USCCB © 1996, adapted from the papal homily by St. John Paul II for World Youth Day 1995 in Manila)*



Christ the King Prayer

*Jesus Christ, King of the Universe,
to you we turn in humble prayer.
Look with favor upon all young adults,
bearers of hope for the Church and the world.*

*Jesus Christ, companion of young adults,
bless the paths of discovery and discernment,
through times of joy and experiences of hardship,
with the constant love and support of your Church.*

*Jesus Christ, alive in the hearts of all your people,
grant that we may "journey together, young and
old... to nourish our enthusiasm, cause dreams
to emerge, awaken prophecies
and enable hope to blossom."*

*Jesus Christ, Redeemer of all humankind,
open our hearts to encounter all young adults,
to accompany and be in community together,
and as one Church, embark upon our holy mission.*

*Jesus Christ, in the company
of the Father and the Holy Spirit,
graciously hear our prayer
and be with us forevermore. Amen.*

(Adapted from "A Prayer for Youth and Young Adults," from *A National Pastoral Resource Guidebook for the Global Celebration of Young People: for the Annual Celebration of Youth and Young Adults in the United States of America on the Solemnity of Christ the King*, USCCB © 2021; quotation within prayer from Pope Francis, *Christus Vivit*, no. 199)

Pope Francis' Prayer for Young People

*Lord Jesus... your Church turns her attention
to all the young people in the world.
We pray that they might boldly take charge of their
lives, aim for the most beautiful and profound things
of life and always keep their hearts unencumbered.*

*Accompanied by wise and generous guides,
help them respond to the call you make to each*

*of them, to realize a proper plan of life
and achieve happiness.
Keep their hearts open to dreaming great dreams
and make them concerned for the good of others.*

*Like the Beloved Disciple,
may they stand at the foot of the Cross,
to receive your Mother as a gift from You.
May they be witnesses to your Resurrection
and be aware that you are at their side
as they joyously proclaim you as Lord. Amen.*

(Adapted from "Prayer for Young People, in view of the forthcoming Synod of Bishops 2018: Young People, the Faith, and Vocational Discernment" by Pope Francis, Libreria Editrice Vaticana © 2017)

Prayer for Canonization for Pier Giorgio Frassati

*O merciful God,
Who through the perils of the world
deigned to preserve by Your grace
Your servant Pier Giorgio Frassati
pure of heart and ardent of charity,
listen, we ask You, to our prayers and,
if it is in Your designs
that he be glorified by the Church,
show us Your will,
granting us the graces we ask of You,
through his intercession,
by the merits of Jesus Christ, Our Lord, Amen.*

IMPRIMATUR, 1932 +Maurilio Cardinal Fossati,
Archbishop of Turin

Additionally, consider regularly praying the words of 1 Corinthians 13, St. Paul's exhortation on love. Pier Giorgio Frassati carried a copy of this biblical chapter at all times throughout his life, as it gave him strength in all his activities. In certain translations, the English word "charity" is substituted for "love" in these verses, which speaks to Frassati's charitable works, which were important to him throughout his young adult life.

