



Young Adult Ministry

Welcome! We are glad you have found the Young Adult ministry at St. Matthew's Cathedral. We hope you'll take a moment to see what we're up to and consider whether this community is a fit for you.

We are a group of young adults in the 25-40-age range who meet regularly to encourage one another and to grow in our understanding of our relationship with Christ, each other, and ourselves. We are a new and growing ministry at the Cathedral.

We combine study, service, and social activities to help us grow in community. We have met in homes for small group Bible study discussion, in the church for service activities, and in local restaurants to get to know each other better.



Current Events

Lunches

The young adults go out to lunch every Sunday after the 10:30 a.m. church service (usually around noon) to a local restaurant. [Join our email list](#) to get weekly updates on where we'll be dining.

Centering Prayer

On Wednesdays from 5:30-6 p.m. young adults, as well as other St. Matthew's parishioners, have begun meeting in the Oratory (St. Matthew's Chapel) for centering prayer.

What is centering prayer? In a few words, centering prayer is a method of praying based on Jesus' admonition to his disciples to pray in secret (Matthew 6:5ff). It is about learning to experience God's healing touch through silence.

All are welcome to attend and stay for Evening Prayer immediately following centering prayer.

Email List

For up-to-date information on all Young Adult events:

Subscribe to our email list

Subscribe

Staff

Father David Miller has joined the staff of St. Matthew's Cathedral along with his wife Keeley to reach out to young adults. David is originally from Maryland, and Keeley grew up in Dallas. They both have a passion for revitalizing the Cathedral and the surrounding area through ministering to and with the young adults who live in the neighborhood.



Chris Tao serves as an intern at the Cathedral with his wife Marnie to support and grow the ministry to young adults.

