

CATHOLIC DIOCESE OF ARLINGTON



Youth, Campus, &
Young Adult Ministries

The Office of Youth, Campus, and Young Adult Ministries sponsors at least one activity per month that is focused specifically upon the formation of Directors of Youth Ministry (DYM):

DYM SUMMIT –*August*

Just before the new school year, DYMs gather at the annual Summit. This is a great way to connect with veteran DYMs, get to know those just starting out, learn about the theme for the year, as well as new events and policies, receive the calendar, and be inspired and encouraged in your ministry! Always a popular day, the Summit includes a great speaker, Mass, lunch, and fantastic giveaways.

NEW DYM ORIENTATION –*August*

At the beginning of each school year we have an orientation for new DYMs to introduce them to diocesan policy, share ways the OYCYAM is able to support them in their ministry, and discuss events for youth. Our goal is to help DYMs who are new to the Diocese get started on the right foot and make decisions that allow them to remain effective in youth ministry for years to come.

DEEPER WATERS –*March*

In the fall and spring, we will gather on a Tuesday evening for Mass, dinner, and a guest speaker who addresses topics relevant to DYMs and volunteers. These are great opportunities for DYMs to have volunteers trained in specific areas of youth ministry.

IN-SERVICE

Once a year DYMs gather for a full day focused on a particular topic relevant to youth ministry. The speakers are often national level presenters and offer the chance to sharpen a specific youth ministry skill. Mass and lunch are included in this day of professional development.



ADVENT MORNING OF RECOLLECTION FOR DYMs –*December*

Every year we have a Morning of Recollection for DYMs to reflect on their spiritual life in light of the Advent season and encourage their teens to dive deeper into this time of grace in preparation for Christmas! This is a great opportunity for renewal in the spiritual life and always features Mass, confession, and time in quiet prayer.

YOUTH, CAMPUS, AND YOUNG ADULT MINISTRIES

APPRECIATION MASS & DINNER –*December*

This is an excellent opportunity for DYMs to show gratitude to their volunteers by inviting them to a special Mass and dinner with the Bishop. Every parish may select a recipient for the “Volunteer of the Year Award.” Multiple diocesan awards for youth, young adults, and adults are presented as well. Throughout this evening it is inspiring to witness the volume and depth of youth, campus, and young adult ministry in the Diocese of Arlington.

ANNUAL MEETING –*Spring*

This is a three-day gathering of DYMs that is part spiritual and part educational. Our goal with the Annual Meeting is to keep DYMs well informed about youth ministry in the Diocese of Arlington through talks and workshops from national speakers. Offering daily Mass, confession, Liturgy of the Hours, and quiet prayer, this event also gives DYMs time to grow in their personal relationship with Christ.

DEANERY MEETINGS

All DYMs are strongly encouraged to meet with their deanery on a regular basis. The Office of Youth, Campus, and Young Adult Ministries is happy to provide a meal for these meetings four times a year. This is a great chance for DYMs to share about their ministry, be encouraged and renewed, and to collaborate on deanery-wide events.

CERTIFICATE TRAINING

This two-year program offers solid intellectual formation with a practical orientation and encouragement to pursue a true missionary spirituality as the source of life for ministry. Upon completion each participant is awarded a certificate in the name of Franciscan University of Steubenville and the Diocese of Arlington.

NATIONAL CONFERENCES

Going to national conferences is a great opportunity for DYMs to grow in relationship with each other while learning about national trends in youth ministry, attending keynotes and workshops on specific topics, and learning about many great resources that are available to enhance their ministry.

MASTERS OF CATECHETICS AND EVANGELIZATION

In an attempt to promote the importance and value of attaining higher education, a program was created which covers 95% of the cost of a Masters Degree in Catechetics and Evangelization from Franciscan University of Steubenville. This cohort of students was selected and will work together over four years to receive this degree.

JOURNEY TO EMMAUS: High School Youth Ministry Curriculum

This resource offers DYMs a plan for systematic catechesis based on the USCCB's requirements and the Catholic Diocese of Arlington's *Secondary Religion Guidelines*. Each semester contains 10 sessions with Scripture references, Catechism and Church document citations, opening and closing prayers, games and icebreakers, a sample talk, and related media links. There is also a video based version of Journey to Emmaus designed for youth groupings. To learn more about Journey to Emmaus, please visit our website or call the office.



THE WELL

The Well is an online destination for great resources for both new and experienced Directors of Youth Ministry. This vast resource is packed with ideas, guidance, contacts, and articles written by national youth ministry experts as well as experts from right here in the Diocese of Arlington. Because this resource is now solely online, timely updates can quickly be made and new material can regularly be included. Check out *The Well* at: www.ArlingtonDiocese.org/Youth-Ministry/The-Well.

LIBRARY

A collection of the top rated books and videos that address current issues in youth ministry and provide practical ideas for youth activities are available to be checked out from the Office of Youth, Campus, and Young Adult Ministries.

DYM Zoom Meetings

Each month, Parish Directors of Youth Ministry along with the Office of Youth, Campus, and Young Adult Ministries staff gather online to share ideas and discuss upcoming ministry opportunities. Each meeting begins with a reflection provided by a Diocesan priest and then participants move to separate Deanery groups to discuss ministry in their communities.

The Office of Youth, Campus, and Young Adult Ministries sponsors several large youth events each year which are meant to support Directors of Youth Ministry with high quality programming that is local, inexpensive, and allows them to spend time with their parish youth:

RALLY

October

Bishop Burbidge invites teens in 9th–12th grade to join him for a day filled with faith, fun, and friends. The day includes inflatable games, great speakers, the opportunity to go to confession, and a time of Eucharistic adoration. The pinnacle of the day is Mass with the Bishop. At RALLY high schoolers experience fellowship with hundreds of other teens in the diocesan community which strengthens them to continue living their faith.

LIFE IS VERY GOOD

January

The Evening of Prayer is an opportunity to pray for the success of the March for Life and reflect on the need for personal conversion as a way to change our hearts and those of others in this country. The Morning Rally and Mass will prepare young people to take to the streets of Washington, DC to make their voices heard as they proclaim the Gospel of Life. In addition to the many Arlington participants, thousands from across the country attend these events.

ONE ACT PLAY AND SHORT FILM FESTIVAL

February

Parishes gather together at this event each performing a one act play. This is an opportunity to highlight artistic talent within the parish and get young people that may not typically attend youth ministry events, involved in the life of the parish community. Parishes also have the chance to submit an entry in the short film category which is shown on that day. Judges offer feedback on each of the plays and films, and many awards and prizes are given out. Two great opportunities to create new youth groupings in your parish!



BASH

April

Nearly 1,000 middle schoolers gather together for a day of fun and faith. At BASH, 6th-8th graders will have a blast on the inflatable games, enjoy great food, hear wonderful speakers, and have the opportunity for Mass and confession. At BASH middle schoolers are strengthened by the experience of fellowship with hundreds of other teens in the diocesan community to continue living their faith.

WORKCAMP

June

At WorkCamp over 800 high schoolers will serve for a week to make homes around our Diocese warmer, safer, and drier. Not only are teens spending this time during their summer in service, but they have spent months preparing and raising funds to finance these projects. This service opportunity combines prayer, great speakers, daily Mass, confession, and tons of fun, making it an integrated experience of true Christian community and one of the most transformational opportunities of the year. Parish registration begins in November.

WORLD YOUTH DAY

Summer 2023

Every 2-3 years, young people from all over the world gather for this amazing celebration of faith with the Holy Father. This international pilgrimage includes prayer, music, festivals, catechesis, and Mass with the Pope! Participating with the diocesan pilgrimage assures parishes a great experience with far less preparation. We also work to include diocesan priests, religious sisters, and seminarians that travel with us in order to enhance this experience for our teens. We have already begun preparation for World Youth Day 2023 in Portugal!

KINGS DOMINION DAY

Our office sponsors a single day each summer when parishes can go to King's Dominion amusement park at a discounted rate with other Catholic groups from across the Diocese of Arlington. The day begins with Mass with Bishop Burbidge.



Catholic Campus Ministries (CCM) are a great way for college students attending institutions of higher learning within the Diocese to discover and continue to grow their faith. Below are the contact details for each program: Christendom College, George Mason University, Marymount University, and the University of Mary Washington. If you have parishioners attending any of these universities, please encourage them to join their Catholic Campus Ministry! Each of their websites provide information about the many resources they offer to keep Catholic students growing in their faith during these critical years.

Christendom College

Rev. Marcus Pollard, Head Chaplain

Christendom College
Campus Chaplain House
134 Christendom Drive
Front Royal, VA 22630
(540) 622-6128
christendom.edu/campus-life/spiritual-life

Marymount University Office of the Chaplain

Susan V. Grunder
Director of Ministry and Spiritual Life
703-908-7843

Cathy Sledz, Administrative Assistant
703-284-1607

Marymount University
2807 North Glebe Road
Arlington, VA 22207
(703) 284-1607
Email: ministry@marymount.edu
marymount.edu/Student-Life/Activities-Leadership/Campus-Ministry

George Mason University

Rev. Joseph Farrell, Chaplain
Grace Banach, FOCUS Team Director
Kristen Juda, Campus Minister
John More, Campus Minister
Valeria Sierralta, Campus Minister

George Mason University
St. Robert Bellarmine Chapel & Catholic
Campus Ministry Center
4515 Roberts Road
Fairfax, VA 22032
(703) 425-0022
gmuccm.org



University of Mary Washington

Rev. Christopher T. Vaccaro, Chaplain & Director
 Maria DeLuca, Assistant Campus Minister
 Kevin McGraw, Assistant Campus Minister
 Kat Sarfati, Administrative Assistant
 David Thielman, Music Minister

University of Mary Washington
 1614 College Avenue
 Fredericksburg, VA 22401
 (540) 373-6746
 umwcatholic.org



CATHOLIC CAMPUS MINISTRY SUMMIT

February

Join Catholic college students from all over the Commonwealth of Virginia for two days of fellowship, prayer, and formation. Catholic students don't want to miss this exciting weekend! There will be nationally recognized speakers, breakouts and workshops on a variety of topics, Mass, and Catholic college students to meet and network with. Contact your campus ministry program for more information on registration, transportation, and lodging.

Catholic Clubs at Northern Virginia Community College & Shenandoah University

Northern Virginia Community College

We have begun the process of creating a Catholic Club on each of the NOVA campuses as a way to provide opportunities for Catholic students to gather and to grow in their faith during the difficult college years. If you are aware of NOVA students in your parish, please encourage them to contact Niru De Silva at Niru.DeSilva@arlingtondiocese.org so that we can get them tied into these clubs (or to help us start one!).

Shenandoah University

The Office of Youth, Campus, and Young Adult Ministries is proud to support the growing Catholic Campus Ministry at Shenandoah University. Fr. Ramon Dominguez, Y.A. offers Mass each Sunday in the Goodson Chapel. Please visit www.shenandoahccm.com or contact Samantha Libasci at shenandoahccm@gmail.com for more information.



Scouting and other leadership organizations are important components of a comprehensive youth ministry program. The Office of Youth, Campus, and Young Adult Ministries sponsors a committee to provide oversight to scouting activities and the religious emblems programs.

Many scouting or leadership organizations are sponsored by Catholic parishes. In these cases we encourage the DYM to be involved with the adult leaders and young people within the program to welcome and support them as a part of the parish youth ministry program. The goal is that the DYM will help encourage more young people to be a part of Catholic scouting and the scouting leader will encourage more scouts to be involved in other aspects of the youth ministry program.

The diocesan committee sponsors several events that DYMs should promote to deepen the spiritual aspects of scouting including a Mass for Scouting at Parishes, Religious Emblems Training, Scouting in the Church Training Conference, Catholic Family Campout, Scouting Retreat, St. George Trek, and Scouter Development.

Catholic Family Campout

All Catholic families (scouting or otherwise) are encouraged to join us for Mass, camping, traditional scouting activities, religious activities, patches, and much more. This is an opportunity for Catholics to celebrate their faith and sense of community while enjoying the great outdoors.

Religious Emblems

The diocesan committee organizes the religious emblems program. Regardless of whether a young person is part of a Catholic sponsored group or a group sponsored by an outside organization, the goal is to help all young people involved in scouting to participate in the religious emblems program. At the youngest ages, these activities are designed to involve families in faith discussions and to draw them into deeper involvement in the Church. At the teenage level, there are detailed curriculum booklets and adult advisors to encourage a personal relationship with Christ and a greater understanding of Mary and the saints. Please encourage young people to work towards earning their religious emblems.



One of the most important tasks of the Office of Youth, Campus, and Young Adult Ministries is to provide a single vision of youth ministry for the parishes of the Diocese. Gone are the days of a “youth minister” that runs a “youth group” for all of the teenagers of the parish. What is needed is a “Director of Youth Ministry” (DYM) that trains many adults to organize many activities on a weekly basis to encourage all teens to become involved in the life of the parish. The DYM also works with existing ministries in the parish to help them to incorporate young people into their programs. The effective DYM spends a significant amount of time recruiting and teaching adults and less time actually working with teens. It is crucial to recognize that having parents and other adults directly involved in a teen’s life is one of the most significant factors related to their practice of faith later in life.

Here are other key components to that single vision:

- Each parish should work to hire a full-time, paid Director of Youth Ministry.
- The DYM will work to catechize the young people of the church using *Journey to Emmaus* or other approved curriculum.
- The DYM will oversee the formation of all high school youth within their parish and work with the Director of Religious Education to build relationships with young people in 7th and 8th grade.
- The DYM will work to fully incorporate young people into the life of the parish using the framework that the USCCB has outlined in *Renewing the Vision: A Framework for Catholic Youth Ministry*.
- The DYM will work to offer whatever programs are necessary so that all young people from all cultures feel welcomed and valued by the Church.
- The DYM will empower parents as the primary catechists of their children through family programs.
- The DYM will educate the entire parish about each person’s role in welcoming and ministering to youth. They will enforce all diocesan and parish regulations regarding the safety of young people.
- The DYM will work to become certified in Youth Ministry within the first three years of ministry, and will continue to attend training and formation throughout their entire career.
- The DYM will practice a deep prayer life, rooted in a regular participation in the sacraments. They will attend an annual spiritual retreat. A visible relationship with Christ will encourage the young people to seek the same.
- The DYM will encourage participation at diocesan, national, and international events to expose young people to the larger, universal Catholic Church.



The Office of Youth, Campus, and Adult Ministries oversees the Northern Virginia Junior Catholic Youth Organization (NVJCYO) sports programs. These programs are sponsored by your parish and allow young people from 3rd-8th grades to participate in various sports throughout the year.

Sports programs are excellent youth groupings within your parish. Sports are largely popular with young people because they capture their interest and spark their imagination. Some researchers contend that a coach can be the most influential figure in a young person's life. Our goal with NVJCYO is that these coaches would teach and encourage youth to engage in good sportsmanship and more importantly, to act as a witness of Christ to these young people.

The NVJCYO program is sponsored in dozens of parishes across the Diocese. While many programs appear to be linked with the parish grade school, the goal of NVJCYO is to involve all young people of the parish in athletic programs.

The DYM often acts as the liaison between the parish and the NVJCYO program. DYMs are encouraged to work with their NVJCYO parish representative to get to know the young people and coaches that are a part of the parish program, and then to invite them to other faith forming and youth ministry opportunities.

Currently parishes have leagues for sports during the following seasons:

Fall	Winter	Spring
Cross Country	Basketball	Track
Tennis	Cheerleading	Volleyball
Track		

If your parish is not already participating with NVJCYO sports, find a volunteer to become your parish representative and have them contact the Office of Youth, Campus, and Young Adult Ministries!

“Playing sports frees people from the snares of apathy and indifference, and arouses a healthy sense of competition in them...contributes to the love of life, teaches sacrifice, respect and responsibility, leading to the full development of every human person.”

—St. John Paul II



The Office of Youth, Campus, and Young Adult Ministries is working to organize and support parish-based ministries that seek to cultivate divine intimacy, authentic friendship, and a life of missionary discipleship for Catholics in their 20s and 30s. We also create a variety of gatherings and events (local and diocesan-wide) that are meant to engage young adults and foster encounter with the Lord. All of this is done to facilitate a deeper commitment to Jesus Christ and promote strong and faithful leadership in parishes.

Our goal is to make www.ArlingtonDiocese.org/YoungAdults a powerful communication tool for all young adults in the area to become tied into their local parish.

THEOLOGY ON TAP

Theology on Tap is a speaker series that takes place at local bars throughout Northern Virginia focusing on a wide range of topics that directly affect the lives of young adults (ages 21-39). The goal is to provide a forum for young adults to learn about and discuss their faith in a relaxing social setting. Theology on Tap is held throughout the Diocese at several locations each month including Alexandria, Clarendon, Fairfax, Manassas, and Sterling. Visit the website for an updated schedule.



CATHOLIC SPORTS CLUB

Since March of 2011, Catholic Sports Club has been providing young adults with an opportunity to share their passion for sports in an environment that respects Christian precepts and gives glory to God. We believe that holiness comes from building up the mind and the body. Currently, we offer co-ed basketball, volleyball and soccer, with events open to all young adults, married or single, Catholic or otherwise.

DIOCESAN MASS AND RECEPTION FOR YOUNG ADULTS

Every year, the young adults from across the Diocese are encouraged to gather together in prayer and fellowship. Mass is celebrated by Bishop Burbidge. This is a wonderful opportunity for young adults and groups from across the Diocese to come together in prayer and be encouraged by the Bishop. Following Mass, there is a reception allowing young adults to meet the Bishop and mingle with one another.

MISSIONARY DISCIPLE FORMATION

The Diocese is looking to recruit young adults who are excited about their faith and want to become more effective disciples. Through training, we hope to send them forth to build and support their local young adult ministries. For more information, contact Niru De Silva at niru.desilva@arlingtondiocese.org.

RETREATS

It can be difficult to cultivate a deeper faith life amidst the demands of daily life. The Diocese will partner with parishes to host a retreat in the early Spring that helps young adults better understand, renew, and invigorate their "yes" to Christ.

Mission

The mission of the Office of Youth, Campus, and Young Adult Ministries is to assist parish leaders in the Catholic Diocese of Arlington to fully incorporate young people into the life of their parish.

Our Work

To accomplish our mission we help parishes to build youth and young adult ministry programs, train youth workers, and provide diocesan-wide events. As the Office of Youth, Campus, and Young Adult Ministries carries out its mission, it remains faithful to the teachings of the Catholic Church and follows the frameworks as set forth by the USCCB in their documents, *Renewing the Vision: A Framework for Catholic Youth Ministry* and *Sons & Daughters of Light*.

Members of the office are available to meet with parish leaders to consult about difficulties in their ministry, brainstorm new ways to reach young people, and encourage them in their calling. They are also available to give talks and help facilitate activities in the parishes. Together as a team the staff has decades of youth, campus, and young adult ministry experience in a variety of areas. With that said, if we do not have an answer we are committed to helping find one because, simply put, we exist to serve parish leaders.

This booklet includes information about the events we coordinate throughout the year and ways we serve parish leaders in their calling to lead young people closer to Christ and incorporate them more deeply into the life of the parish. It contains an overview of opportunities designed to support Directors of Youth Ministry (DYM), Campus and Young Adult Ministry leaders, and the many programs offered to engage young people.

More information about these events and programs may also be found on our website, which is updated regularly with details about upcoming events. You can also subscribe to the "IN Box," our bi-weekly electronic newsletter for youth ministry or our bi-weekly young adult newsletter by sending an email to clarissa.maciel@arlingtondiocese.org.

Kevin Bohli

Executive Director
kevin.bohli@arlingtondiocese.org

Christine Najarian

Assistant Director
christine.najarian@arlingtondiocese.org

Jeff Ghering

Coordinator of Formation & Resources
jeff.ghering@arlingtondiocese.org

Jim Rourke

Sports and Scouting Coordinator
jim.rourke@arlingtondiocese.org

Ed Gloninger

WorkCamp Coordinator
edward.gloninger@arlingtondiocese.org

Jamie Chichester

Assistant WorkCamp Coordinator
jamie.chichester@arlingtondiocese.org

Niru De Silva

Coordinator of Young Adult Ministries
niru.desilva@arlingtondiocese.org

Clarissa Maciel

Administrative Assistant
clarissa.maciel@arlingtondiocese.org



Catholic Diocese of Arlington | Office of Youth, Campus, and Young Adult Ministries

200 North Glebe Road | Suite 540 | Arlington, Virginia 22203

phone: 703.841.2559 | fax: 703.807.2032

YOUTH:  @arlingtonyouthministry  @arlingtonyouth  @arlingtonyouth | www.arlingtondiocese.org/Youth-Ministry

CAMPUS:  @arlingtonCCM | www.arlingtondiocese.org/Catholic-Campus-Ministry

YOUNG ADULT:  @arlingtonYAM  @arlingtonYAM  @arlingtonyam | www.arlingtondiocese.org/youngadults

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