

# YOUNG ADULT MINISTRY GUIDE

living as missionary disciples amidst  
pandemic



**CULTIVATE  
AUTHENTIC  
FRIENDSHIP**



**BUILD  
DIVINE  
INTIMACY**



**LIVE AS A  
MISSIONARY  
DISCIPLE**

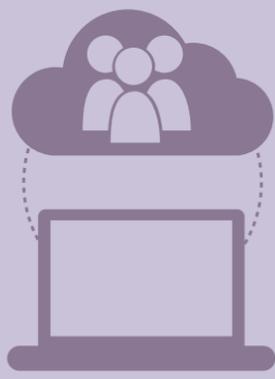
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# CULTIVATE AUTHENTIC FRIENDSHIP

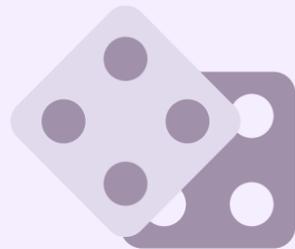
## Create Virtual Small Groups

- Meet at least weekly in parish-based small groups!
- [Zoom.us](#) is free to host 40-minute meetings. Purchase Zoom Pro for \$14.99/month to remove the time limit.
- [Google Hangouts Meet](#) is offering its enterprise services to GSuite subscribers at no extra cost until July 1.
- [Marco Polo](#) is a great video chat app for staying in contact.
- Use FREE resources to make leading your groups easy:
  - [Steubenville Conference Discipleship Quads](#)
  - [FOCUS Bible Studies](#)
  - [FORMED Bible Studies](#)



## Have FUN in the Small Groups!

- Stream a movie together with friends. The [Netflix Party](#) chrome extension makes it easy!
- [Learn to dance](#), or host virtual dance lessons if you know how!
- Do virtual workouts together.
  - [Major Gym chains are streaming workouts!](#)
  - [Varsity Catholic Workouts](#), [SoulCore](#)
- Play games!
  - Create a remote Trivia game with [Kahoot](#), try a party game like [Spyfall](#) (FREE), [HeadsUp](#), [Jackbox games](#) (paid), or board games like [Codenames](#).
- Start a book club - [Great Books](#)
- Host a living room concert.



## Create a Facebook Group for your Parish

- Facebook Groups allow members to interact with each other unlike public pages. Make sure your Pastor approves and make him a part of it!



## "Go to Mass Together"

- Text/call people and invite them to go to Mass with you!
- Host a Facebook Watch Party of a Mass live stream, then invite people to a zoom "Coffee & Donuts" social afterward.



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# BUILD DIVINE INTIMACY

## Create a Prayer Space and Routine

- Check out these hints on [creating a prayer space!](#)
- Form a [routine](#) / [plan of life](#) for these circumstances.
- Sign up for an Adoration slot if your parish's chapel is open or visit the Church for private prayer.



## Connect with Liturgy

- Watch Masses and Adoration chapels.
  - [Arlington Diocese: List of Parish Video Streams](#)
  - [Recorded Daily Masses](#), [Word On Fire Mass](#)
  - Adoration [1](#) or [2](#)
- Pray with the Daily Readings: [English](#) | [Spanish](#)
  - [Daily Readings Audio](#); [Video Reflection](#)
- [Make a Spiritual Communion](#)
- Use these FREE devotionals
  - Liturgical Press: [Give Us This Day](#)
  - Magnificat: [English](#) | [Spanish](#)
  - Bayard: [Living with Christ](#)
  - The Word Among Us: [English](#) | [Spanish](#)



## Join Us for the Rosary Each Morning!

- We are praying each morning at 8:30am on Instagram Live for an end to coronavirus. Join [@ArlingtonYAM](#) on Mondays/Fridays and parishes from Tuesday-Thursday. Follow us to see which parishes lead each day!



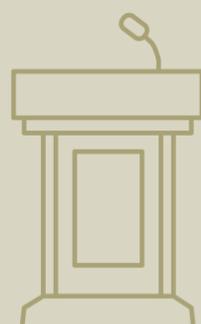
## Engage Prayerful Media

- [8 Great Catholic Podcasts](#), [Bishop Burbidge, Fr. Tom Cavanaugh](#), [Searching for More](#)
- [FORMED](#) - for movies, books, audio, & resources



## Attend a Virtual Lecture or Conference

- [Be Not Afraid Conference](#) – by Stacey Sumereau
- [Thomistic Institute – Quarantine Lectures](#)



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# LIVE AS A MISSIONARY DISCIPLE

## Pick, Prioritize, Push

- PICK 1-3 good friends.
- PRIORITIZE spending time with them virtually, mixing fun, prayer, and real talk.
- PUSH each other to live out this culture!



## Practice Almsgiving!

- Be sure to sign up for online giving to your parish! Parishes will experience economic turmoil during the pandemic. It is vital to support them now!
- Support Catholic Charities Arlington materially and financially.
- Give your patronage to small, local businesses to help keep them and their livelihoods afloat!



## Check in on People

- Now is the time to evangelize through charity!
- Family, Co-workers, friends, and acquaintances may go through serious bouts of loneliness, anxiety or confusion. Phone calls go a long way!
- Don't simply reach out to Catholic people or the people who are "easy" to talk to. Go out of your comfort zone and sow charity!
- Invite people who are struggling to a virtual small group.



## Safely Practice Works of Mercy

- Remember to follow CDC recommendations for preventing the spread of disease.
- Catholic Charities Arlington has adjusted their services and they need healthy/able volunteers!
- Neighbors might need help. Try sharing these notes with people to let them know you can help!
- Make your own surgical masks and donate to a local hospital or use these ideas to find a place that needs them.



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