The focus of Young Adult Ministry is to help Catholics in their 20's and 30's become more involved in the life of their parish and to become better formed Catholic adults. In addition to supporting parish and regional young adult ministry programs, the office also provides diocesan-wide events to help reach new young adults throughout the community and assist them with finding a home in their local parish.

- The office sponsored a pilgrimage for 50 young adults from the diocese to travel to Panama to participate in World Youth Day with Pope Francis. This worldwide Catholic event occurs every 2-3 years and helps to solidify the faith in a young person who participates.

- The office co-sponsored the “Panama in the Capital” event for thousands of young adults to participate in a World Youth Day style event in Washington, D.C. This event allowed young adults who were unable to travel to Panama experience a taste of World Youth Day locally.

- WorkCamp is well known as one of the most popular ministries of the diocese with over 800 teens providing a week of service to the less fortunate in our communities. What is less known is that more than 100 young adults participate annually in this week of service by supporting the teens. Service has always been one of the most effective ways to help young adults become more active in their faith lives.

- Theology on Tap (TOT) is a long-running speaker series that takes place in favorite local pubs. TOT focuses on topics of faith and contemporary issues that directly affect the lives of young adults (ages 21-39). The office supports monthly events in Clarendon, Fairfax, Manassas, Sterling and Alexandria so that young adults can find local opportunities to participate no matter where they live in the diocese.

- The Annual Mass and Reception for Young Adults is a great opportunity for over 500 young adults from the diocese to gather with Bishop Burbidge for an evening of prayer and fellowship with their peers.

- The Catholic Sports Club offers young adults a place where they can go to share their passion for sports in an environment that respects Christian precepts and gives Glory to God. This program focuses on the belief that holiness comes from building up mind, body and soul and so offers leagues and open gyms to offer young adults, both married and single, a place to meet for healthy, holy events.