

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 gifts.

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

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 DAY OF RECOLLECTION FOR DYMs

Every year we have a Day of Reflection or Pilgrimage 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, fellowship, 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 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 and local 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 and enhance their relationship with their peers.



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. Directors of Youth Ministry and key volunteers not enrolled in the certificate program are welcome to attend these training sessions.

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.

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 platform of great resources for both new and experienced DYMs. 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.



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 with each performing a one act play. This is an opportunity to highlight artistic talent within the parish and get young people who 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.



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, hundreds of 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 2025

Every 3-4 years, young people from around 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 have 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. Look for information about the Jubilee in Rome, July 2025 or World Youth Day, Seoul in 2027.

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, the University of Mary Washington, and Shenandoah University. 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
Cindy Martin, Administrative Assistant

Christendom College
Padre Pio Hall
134 Christendom Drive
Front Royal, VA 22630
(540) 622-6128
christendom.edu/campus-life/spiritual-life

Marymount University

Office of Ministry & Spiritual Life

Rev. Gabriel Muteru, Chaplain
(703) 284-3803
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 & Director
Tess Volanski, FOCUS Team Director
Michaela Robinson, Campus Minister
Valeria DeCelle, Campus Minister
Justin Woodbury, Campus Minister
Kenny Kohlhaas, Music Director
Carly McCrumb, Director of Advancement

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. Richard Miserendino, Chaplain & Director
 Katrina DiMarcantonio, Assistant Director
 Bobby Murphy, Associate Campus Minister
 David Thielman, Director of Music Ministry
 Kat Safarti, Administrative Assistant
 Christie Daniels, Bookkeeper

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

Rev. Ramon Dominguez, Y.A.
 Luke Janus, Campus Ministry President, ljanus21@su.edu,
 Cindy Martin, Coordinator, cmartin9094@gmail.com

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 email shenandoahccm@gmail.com for more information.

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 Club at Northern Virginia Community College

We have a goal to create 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 yam@arlingtondiocese.org so that we can get them tied into these clubs (or to help us start one!).



Scouting and other outdoor adventure/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.

In other cases, there are members of your parish that are involved in outside scouting or adventure groups. In these situations, the DYM may invite them to work on requirements for religious emblems or invite them to diocesan-wide faith-based activities.

DYMs can support various events to deepen the spiritual aspects of scouting including hosting a Mass for Scouting and outdoor adventure groups at the parish, promoting religious emblems and activities for the groups, hosting a retreat, etc.

Beginning at the youngest ages, the curricula of the religious emblems and activities programs 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 Young 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 act as a witness of Christ to these young people and teach and encourage youth to engage in good sportsmanship.

The NVJCYO program is sponsored in dozens of parishes across the Diocese. While many programs are 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. Get to know the young people and coaches that are a part of your parish program, support efforts to incorporate the faith into their activities and 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 Tennis Track	Basketball Cheerleading	Track Volleyball

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



Photo: Andy Bui

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 19–35 years old. 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 the Diocesan Young Adult Website 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 21-35). 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, Manassas, Sterling and the Shenandoah Valley. 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.

CALLED: A CONFERENCE FOR YOUNG ADULTS

This day-long conference includes Mass with Bishop Burbidge, breakout sessions, dinner, prayer, live music, vendors, ministry booths, and plenty of social time!

YOUNG ADULT MISSION TRIP

The Office of Youth, Campus, and Young Adult Ministries partners with Commissioned by Christ to help organize logistics and travel details for mission trips. We are excited to offer this new opportunity for young adults to engage in their faith, experience a different culture, and form new relationships with other young adults. Join us in February 2024 in Peru!

RETREATS

It can be difficult to cultivate a deeper faith life amidst the demands of daily life. The Diocese offer retreats for young adults on a regular basis at the San Damiano Spiritual Life Center. Additionally, we promote other retreats sponsored by outside ministries.

T.B.G. (TRUTH, BEAUTY, GOODNESS)

At this series, young adults gather at various restaurants and venues throughout Northern Virginia to be inspired by what is true, good and beautiful. Each night features live music, an art display, a speaker's testimony and the chance to connect with a local charity. All of this is presented as a way to encounter God in an unthreatening way. T.B.G. is the ideal entry event for someone who is searching for more in life.

EXALT

This travelling ministry visits parishes throughout our Diocese, offering young adults a chance to worship our Lord in Eucharistic Adoration. Featuring beautiful music from the Exalt band and the chance to hear a powerful testimony or receive the sacrament of reconciliation, this is a grace-filled opportunity to grow in relationship with the Lord.

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 cristina.catterton@arlingtondiocese.org.

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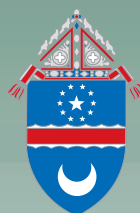
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