

**Prayer and Formation** are key parts of our ministry. Take advantage of our retreats, days of recollection, holy hours, Masses, and lecture series in order to deepen your faith and your relationship with God our Father!



We Host Several Retreats Per Year

**Outdoor Activities** take place throughout the year and often reflect the seasons. Ice-skating in the winter, kayaking in the summer, hiking in the autumn, trips into the countryside in the spring. . .



Summer Canoe Trip

## Young Adult Ministry

- ◆ Is sponsored by the Catholic Diocese of Arlington's Office for Family Life
- ◆ Is open to all young adults in their 20's and 30's, married or single
- ◆ Invites you to visit our website at: [www.ArlingtonDiocese.org](http://www.ArlingtonDiocese.org)
- ◆ Publishes a weekly Young Adult E-Newsletter with information on current events and activities, including those in our 68 parishes! Please sign up by writing to: [yam@arlingtondiocese.org](mailto:yam@arlingtondiocese.org) or visiting our home page at: [www.ArlingtonDiocese.org/YAM/Young\\_Adult.php](http://www.ArlingtonDiocese.org/YAM/Young_Adult.php)



## Young Adult Ministry

Catholic Diocese of Arlington  
Office for Family Life  
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# Young Adult Ministry

THE CATHOLIC  
DIOCESE OF  
ARLINGTON

*"If you are what you should be, you  
will set the whole world ablaze!"*

*~St. Catherine of Siena*



Theology on Tap with Fr. Donald Calloway, August 2009

Photo: Bryan McKinney

**Welcome** to the Catholic Diocese of Arlington's Young Adult Ministry program! We are here to support Catholics in their 20s and 30s in their desire to enter more deeply into a relationship with Christ through fellowship and formation in the Catholic Faith. Our Ministry includes: **Theology on Tap**, support for **local parish programs, Catholic Underground**, opportunities for **prayer, community outreach, outdoor events**, and most of all - support for you, the young adult, as you journey toward your Eternal Home.



## How can you get involved?

Join a parish young adult group, attend diocesan-wide gatherings, volunteer for events, and invite your friends & colleagues!

## Are you new to the area?

Congratulations! You are living in a vibrant area populated with young adults just like you. If you want to get connected to your brothers and sisters in Christ, read on. . .

**Theology on Tap** is a great way to get out and meet new people, while at the same time learning about your faith. "ToT" is a speaker series for young adults that takes place at a local pub.



## Catholic Underground

is a holy hour/coffee house evening which provides Adoration and confession followed by live entertainment by Catholic artists! It is a thriving new program in Arlington!



Check out our web schedule for current speakers, dates and other special events!

**Parish Programs** are diverse and vary according to the talents, needs and personalities of the young adults who participate. A small sample of existing parish programs includes:

- Book clubs
- Social nights
- Lecture series
- Small faith groups
- Bible study groups
- Sunday brunch outings
- Praise and worship
- Outdoor events
- And more. . .

Please check with your parish group to see whether specific programs are offered.

## Volunteer Opportunities

are offered on the First Saturdays of the month and on special occasions. These days begin with Mass and are followed by service at a local charitable organization!

