

# Youth & Young Adult Resources

**What resources are available for youth and young adult ministers to respond to the needs of youth and young adults in helping them to restore Catholic life during the post-pandemic period?**

## **Lifeteen**

You will find resources that will help the youth remain connected to Sacred Scripture with weekly updates and resources. There are also opportunities to share your story and journey with them on social media. Links:

<https://summit.lifeteen.com/>

<https://www.facebook.com/lifeteen/>

## **ProjectYM**

Join thousands of youth groups from all over the country for what is now officially THE BIGGEST CATHOLIC YOUTH NIGHT EVER! This virtual youth night will be held on Sunday evenings, and includes national catholic speakers and a whole lot of fun. Our office is signed up, and we hope to see you and your teens there. For more info and to sign your group up, click the link:

<https://projectym.com/live/>

<https://www.facebook.com/projectym/>

## **YDisciple**

YDisciple provides a robust library of training content ranging from practical to spiritual skills to help train faithful adults to be more than instructors, but disciple-makers. YDisciple gives youth ministers tools to create small group environments where teens are known, loved, and cared for. Check us out here: <https://ydisciple.com/>

In the midst of the coronavirus pandemic, many of the people we minister to (and even we ourselves) are asking, "Where is God in all of this?" "How can a good God allow suffering?" To help youth ministers answer this question, we recorded our live webinar from March, with a special guest panel that includes Bishop Andrew Cozzens, Laura Sobiech and Jim Beckman. Check it out here:

<https://ydisciple.cWEBINAR: Walking with Teens in Suffering & Uncertaintyom/webinar-walking-with-teens-in-suffering-uncertainty/>

## **Newman Connection**

Newman Connection, a national partner dedicated to “Keeping Students Connected to the Catholic Church,” has expanded our mission to connect and encourage students, Campus Ministers and our entire faith community during COVID-19. We invite all to United with us in prayer on a newly created platform, NEWMAN UNITED, and to sign-up to receive daily inspirations, reflections, activities and self-care tips during social distancing and isolation. [Learn More](#)

## **USCCB Youth and Young Adult Newsletter**

A monthly newsletter from the USCCB Secretariat of Laity, Marriage, Family Life and Youth with information about national events, pastoral resources, and other news in the youth and young adult ministry fields.

Shortened web address: <https://bit.ly/2xSqhLH>

## **Catholic Creatives**

Catholic Creatives, The O’Donnell’s House, and Grassfire Festival have teamed up to create #throughfire, a campaign to blackout social media with art during the quarantine. To join in, share what you are creating on any social media using #throughfire and #catholiccreatives. We will be highlighting our favorites, collaborating, and sponsoring contests throughout the quarantine, so you don’t miss out on all the fun! [Learn More](#)

## **NFCYM**

NFCYM is continuously holding new webinars and discussion series to bring everyone together during these difficult times to support one another and share ideas.

<https://nfcym.org/covid19/>

<https://nfcym.org/resources/>

## **Marathon Youth Ministry**

This is a resource that helps youth ministers think about the different groups that can be engaged. It provides helpful links to different technology tools that can be used right away to reach groups. <https://marathonyouthministry.com/how-to-handle-the-impact-covid-19-can-have-on-your-ministry/>

Marathon Youth Ministry has also created an eight-day devotional focused on “Healing and Love” for young people. It takes youth through Scripture to engage them

in how to “consider,” “hope,” “pray,” and “apply” the insights from the Bible to their lives. <https://drive.google.com/open?id=18BwXEITHkO9AxS4ahEfPrdOyg5wxyQHW>

## **Fuller Youth Institute**

They have a helpful blog that provides some practical suggestions of ways to engage teenagers and their families. Youth leaders could take these easily accessible ideas and begin to implement them right away.

<https://fulleryouthinstitute.org/blog/doing-youth-ministry-during-a-pandemic>

## **Alpha**

To help people get the latest resources to create a great experience for their guests, Alpha has created a short-term, regular touchpoint with "Resource Central." There will be tips, trainings, and other resources to facilitate a fruitful small group experience.

Shortened web address: <https://bit.ly/2S8fUdI>

## **Dynamic Catholic**

Dynamic Catholic has been inspiring Catholics to rediscover the genius of Catholicism for a decade. We are dedicated to spending the next decade partnering with parishes across the country to uncover what is essential to a community becoming truly dynamic.

<https://dynamiccatholic.com/dynamic-parish>

## **What resources are available to connect youth and young adult ministers throughout the Archdiocese with each other?**

In an attempt to connect all youth ministers, Anthem is currently working to schedule a webinar during which there will be discussion, sharing of resources, and time for prayer together. This will be replicated for all young adult leaders. Once solidified, details will be sent over so that the website can be updated with pertinent information.

## **What resources are available to invite participation of youth and young adults to on-line activities and engagement with the Faith?**

## **Culture Project International**

The Culture Project is a group of young people from around the world who have felt called to embark on a journey in the footsteps of John Paul II; during the year, the missionaries give presentations to youth about the dignity of the human person and about sexual integrity. During this time, they have been having virtual conversations with speakers and evangelists such as Father Agostino, Leah Darrow, Jason Evert, and more. The interviews are all online, free to watch, and if you catch them live, you can participate by asking questions.

<https://www.facebook.com/TheCultureProjectIntl/>

## **Metanoia Catholic**

At Metanoia Catholic, they help their clients become students of their interior life so that they can get beyond inaction and indecision and begin actively collaborating with God towards their greatest purpose.

<https://www.metanoiacatholic.com/>

## **Grotto Network - University of Notre Dame**

In light of the Coronavirus crisis, Grotto Network created and curated content resources for parishes and ministry groups. These two web pages are filled with links to support ministry groups in their digital outreach to young people at this time: [Sharing Pandemic Content](#) & [Sharing Stories for Tough Times](#) Grotto also released the following article from a licensed therapist that guides readers through ways to handle the anxiety and uncertainty caused by this disruption: [How to Handle the Coronavirus Disruption](#)

## **Endow**

Endow is hosting a six-week series on Rosarium Virginis Mariae, St. John Paul II's teaching on the Holy Rosary, led by our staff and friends to foster the fundamental truth of all human beings, our seeking of community and connection. Interaction on the Rosary Study is continued in a Private Facebook Group where the women can connect to their local communities and peers, learn more about leading their own virtual group with our online resources, as well as continue to support one another through the current crisis in prayer. To continue our friendships after the six-week series on the Rosary, Endow will begin another subscribed eight-week series on Edith Stein: Seeker of Truth with a weekly reflection email sent to the participant's inbox from our Director of Program Growth, Simone Rizkallah breaking down the Endow Study into pieces to pray with and learn. [Learn More](#)

## **Blessed Is She**

Blessed is She is a sisterhood of women who want to grow together in their Catholic faith. We create beautiful and accessible resources, products, and experiences to foster community and deepen faith, both online and in person. We invite you into this community, no matter where you are on your walk with Christ.

<https://blessedishe.net/>

## **Catholic Late Night**

During this challenging time in our world, we've ramped up Catholic Late Night, a Catholic Youtube show, in order to provide uplifting and actionable content for younger audiences who now have an excess of free time on their hands. Catholic Late Night provides weekly guidance and entertainment focused on helping young men and women understand their identity and the purpose of their life. [Learn More](#)

## **Ascension**

To access Ascension's Spiritual Guidance & Resources During COVID-19, see <https://ascensionpress.com/pages/parish-resources>

For Ascension Presents, visit <https://www.youtube.com/channel/UCVdGX3N-WIJ5nUvklBTNhAw>

## **Exodus 90**

Exodus 90 is a ninety-day spiritual exercise for men based on three pillars: prayer, asceticism, and fraternity. All three of these pillars are essential aspects of the Christian life. It is for this reason that taking up this spiritual exercise requires taking up all three of these pillars both simultaneously and humbly.

<https://exodus90.com/>

## **Knights of Columbus**

Every week, the Fraternal Excellence team will be hosting a webinar to update Knights and their councils on maintaining fraternal operations with COVID-19 restrictions. Click on the REGISTER NOW links below to sign up for each individual webinar.

<https://www.kofc.org/en//index.html>

## **What resources are available to assist youth and young adults to engage with parish life and activities?**

Anthem is currently working on an addition to our current web platform that will provide a way for parents and youth to connect with youth ministry in their area. This will also be replicated for young adults. We will send details for the post-pandemic website to be updated with this information as soon as available.