

This Month's Events

Every Tuesday - The Epiphany of the Lord @ Allegheny College, Allegheny Campus Center Room 303 -*Young Adults Wild Goose Study @ 7 pm* (more on bottom of page 1)

March 3rd - April 23rd - Virtual - *Blessed is She Virtual Bible Study and Prayer Group - Mondays and Wednesdays (see pg. 3)*

March 8th - St. George Parish - *Coffee with Christ @ 9 after 8 am Mass.*

Every Thursday - St. Francis Xavier Parish - *Praise, Worship and Adoration @ 8 pm*

If you have an upcoming event for April please email me at the contact information listed at the bottom of each page.

Event Photos

Our Lady of Peace Youth Ministry



Lent!

As we step into the season of Lent, it's a great opportunity to grow closer to Christ through prayer, fasting, and almsgiving. Lent invites us to reflect, renew, and strengthen our faith, making space for God in our lives. Ash Wednesday marks the perfect start, reminding us of our mortality and the call to repentance. Challenge yourself to engage in a Lenten tradition this season—whether it's attending Stations of the Cross or supporting a local Fish Fry. These are wonderful ways to live out Lent through prayer and service. Let's embrace this time to grow in our relationship with God and inspire others to do the same. Together, we can make Lent a transformative, faith-filled journey!

Lenten Fasting

Fasting during Lent is a powerful way to grow closer to God. It's not just about giving up food, but about stepping away from anything that distracts us from our relationship with Him. For some, that might mean taking a break from social media, limiting TV time, or letting go of habits that pull us away from prayer and reflection. By choosing to fast from these distractions, we create space in our hearts for God to speak to us more clearly. It's a chance to focus on what's truly important—deepening our faith, strengthening our self-discipline, and growing in love and service to others.

What's New

The Wild Goose - Young Adult Study of the Holy Spirit - Young adults in our diocese are welcome to join this engaging study on the Holy Spirit! Join us at Allegheny College in the Allegheny Campus Center Room 303 to learn and share all about the Holy Spirit. If you're interested or know someone who is please contact **Amy, 814-336-1112 or amy.mosbacher@catholic-meadville.org**

Lenten Friday Night Fish Fry! - It's Fish Fry season! Join us each week for crispy fried seafood, tangy slaw, and warm fries, all while supporting our parishes. It's a great chance to gather with your youth or young adult groups for fellowship or serve others through almsgiving. Let's come together this Lent to enjoy a meal, deepen our faith, and strengthen our Catholic community. See page 3 for more details.gthen our Catholic community. **See page 3 for more information.**

Prayer Corner

Leadership Focus

A Prayer for Leaders

Lord,
Guide me as I lead with love and wisdom. Grant me patience, humility, and strength to serve others with integrity. May my actions reflect Your grace, and may I inspire others to grow in faith.

Help me listen with an open heart, speak with clarity, and lead with courage. May my leadership be rooted in service, building Your kingdom. Amen.

Reflection Prompt:

How can I serve those I lead better this week? What area of my leadership can I surrender to God for more guidance?



Self-Care and Balance - Focusing on You

As a leader, it's easy to become consumed by the needs of others, but self-care is crucial for sustaining your ability to lead effectively. Setting aside time for rest, prayer, and personal reflection helps you maintain balance and prevents burnout. Leaders are most effective when they're healthy—spiritually, emotionally, and physically. Make sure to set clear boundaries that allow you to recharge, and don't forget to prioritize your own well-being. Leading from a place of rest and renewal ensures that you can give your best to those you serve, and it models the importance of balance to your community.

Video Resources

YAMI - How to Start a Young Adult Ministry?

In this video, Kari of YAMI helps uncover some great tips and tricks for starting a Young Adult Ministry within your parish. Her advice is practical and easy to follow. It's sure to give you a leg up on starting or even continuing a Young Adult Ministry.

https://www.youtube.com/watch?v=rKOhj56_qos

Catholic Truth - Catholic Youth: How to Reach Them (Part 2)

Looking to connect with Catholic youth? In this video, they share tips on how to engage teens in your ministry. Whether you're a church volunteer, youth group leader, or simply want to connect with young people, this video will help you keep teens involved in the Church and bring those who've drifted away back.

<https://www.youtube.com/watch?v=1yz5gW6qiK0>

Celebrating Success and Milestones - Focusing on Others

Leadership is not just about pushing forward—it's also about recognizing and celebrating the growth and milestones along the way. Whether it's a successful event, a young adult taking on new responsibilities, or a group member growing in their faith, it's essential to celebrate these moments. Celebrating success helps build morale, encourages continued involvement, and reminds everyone of the importance of the work being done. Take the time to recognize achievements, big and small, and always acknowledge the hard work and dedication of those involved. This creates a positive atmosphere where everyone feels valued and motivated to continue growing in their faith.

Developing Leaders Within the Group - Focusing on Growth

One of the most powerful ways to lead is by empowering others. As a leader, it's important to recognize the potential in those around you and help nurture their leadership abilities. Look for opportunities to delegate tasks and responsibilities, allowing others to step up and grow. By providing mentorship and guidance, you not only support the development of future leaders but also create a ripple effect of leadership throughout your community. Investing in others helps build a strong, sustainable leadership pipeline, ensuring that your group continues to thrive even as new leaders rise to take the reins.

Event Photos

St. George Young Adult and Youth Ministry - Rosary March and Coffee with Christ



St. Francis Xavier Youth Ministry - Lasagna for Emmaus Soup Kitchen



Saints Say

"Preach the Gospel at all times. If necessary, use words." – St. Francis of Assisi

Or as it's often said, "actions speak louder than words". If we are to lead others to Christ it won't always be through our words but through our actions. It's the way we treat others and model His love that brings others to the heart of Jesus.



Director of Young Adult and Youth Ministry

Coming Up

Blessed is She Virtual Bible Study - This group is for women, especially those between 18 and 35, in the Diocese of Erie who want to come together to study the Bible, share our faith journeys, pray, and support each other as we discover the unique way God is calling us. We're not here to be perfect, but to be perfected in Him. So, grab your Bible, your prayer journal, and something tasty to sip, and let's get ready to be refreshed together! **On Facebook, every Monday and Wednesday beginning March 3rd- April 23rd.** We'll begin in the Gospel of Mark. Read one chapter each Monday and Wednesday independently and then pop over to our Facebook group to watch that chapter's corresponding video, engage in prompts, and share your thoughts and reflections. **This group is found on the Office of Faith Formation's Facebook page. Come join us there!**

Exodus 90 - This Lent, young adult men are invited to take on the challenge of Exodus 90. This powerful app guides you through practices that strengthen your faith, foster healthy habits, and lead to true freedom in Christ. Invite your brothers in faith to join you, and together, support one another as you strive to become the men God is calling you to be. If your parish has a young men's group active with Exodus 90 contact **Emma Lovell-Nick at elovellnick@eriercd.org** to share.

Friday Fish Fry - During this Lenten season, come support these parishes and their wonderful Friday night meals. Use the link to find a list of Fish Fries where you can gather in fellowship and observe this tradition.

<https://www.eriercd.org/lentendinner.html>



Mother-Daughter Tea - Mark your calendars for the annual Mother-Daughter Tea, hosted by the Virtue & Integrity Education Office. The first tea is set for April 5th at St. Mary's Church in St. Mary's, while the second is May 3rd at Saint Mark Catholic Center in Erie. This special event is designed for girls ages 10 and above and their moms. Topics to be discussed include the emotional and physical changes of puberty and the strengthening of the parent-child bond through adolescence. For more information, visit:

<https://www.eriercd.org/chastity/tea.html>

Holy Saturday Sunrise Hike - Please join us on Saturday, **April 19th @ 6 am** at **Browns Farm (5774 Sterrettania Rd Fairview, PA 16415)** to contemplate Jesus in the tomb. This is an event for all ages but **those under 18 are asked to attend with an adult.** Don't forget to **bring your rosary, a snack to break your fast and warm clothes.** We will pray Morning Prayer along the trail. This is a great opportunity to reflect and prepare as we enter into the Easter Season. Come join us! **Questions** can be directed to Sarah Beaver at sarah.beaver@olp.org

emma lovell-nick - 814-824-1224 - elovellnick@eriercd.org

Event Photos

Saints Cosmas and Damian Parish - Glow-in-the-Dark Family Dodgeball Night



Heavenly Humor A Catholic Guide to Ashes



St. Patrick driving the snakes out of Ireland.

NCYC

2025

Indianapolis, In
11/20 - 11/22



NCYC 2025: Building Strong Communication for a Successful Experience

As we look ahead to NCYC 2025, it's important that we come together to ensure clear and open communication among all participants, leaders, and parishes. With this incredible opportunity for growth in leadership, faith, and service, we want to make sure everyone involved is well-informed, properly registered, and ready to have a transformative experience. Here are a few key points to keep in mind as we prepare for this exciting event.

1. Attendee and Leader Communication: Ensuring Correct Rosters

Leaders, one of your primary roles is to maintain an accurate roster of the participants from your parish. Please be sure to keep track of those who plan to attend NCYC 2025. Before any youth or adult chaperone registers, have them check in with you so you can add them to your parish's list. This ensures that no one is left out, and all the details—such as waivers and important information—are handled correctly. This communication is essential for smooth registration and preparation leading up to the event.

2. Parish Donations and Discounted Rates

If your parish is offering financial assistance for those interested in attending, please communicate with me directly so we can ensure the correct discount is applied to the ticket price. Whether your parish is covering the full cost of the ticket or just the \$100 deposit, I'll need to know the number of participants being supported so I can provide the appropriate discount codes. The earlier we can get these details ironed out, the better, so that your parish can assist as many young people as possible.

3. Empowering Parents and Youth: Highlighting NCYC's Growth Opportunities

It's essential for leaders to engage with parents and youth about what NCYC has to offer. This is a powerful event for growth in faith, leadership, and service. Encourage your participants to view NCYC not just as a trip, but as an opportunity to deepen their relationship with Christ, strengthen their community, and build leadership skills they can carry back to their parish and beyond. Be sure to share the excitement of the event and all the potential it holds for spiritual growth and personal development.

With your help, we can make sure this experience is accessible to as many youth as possible. Let's work together to ensure that all attendees are properly registered, well-supported, and ready to make the most of the opportunities NCYC 2025 offers. Your role is critical in communicating these details and guiding your group to a successful and meaningful experience.

As always, I'm here to help with any questions you may have along the way. Thank you for your dedication and support as we prepare for this unforgettable event!

Resources

Learn about our trip!
<https://www.eriercd.org/youth/ncyc.html>

Register/Ticket Purchase
<https://www.vancoevents.com/us/CXDB>

Donating
<https://secure.myvanco.com/L-ZNWV/campaign/C-159BJ>

About NCYC
<https://ncyc.us/about/>

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