

**Resources  
for Faith Formation and Youth Ministry  
during the COVID-19 Pandemic**



*I will lift up my eyes to the mountains;  
From where shall my help come?  
My help comes from the Lord,  
Who made heaven and earth. Psalm 121:1-2*



**Roman Catholic Diocese of Albany  
Office of Lay Ministry and Parish Faith Formation  
Office of Youth and Young Adult Ministry**

**March 19, 2020 – Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary**

Dear Catechetical and Youth Ministry Leaders,

This resource document is the combined effort of the Office of Lay Ministry and Parish Faith Formation and the Office of Youth and Young Adult Ministry in response to the cancellation of parish faith formation programs and events due to the COVID-19 restrictions. It is a compilation of ideas both from our staff, as well as from national entities, such as the publishers of religious education and youth ministry materials, national ministry organizations, and others. We know that many of you are already doing wonderfully creative things to continue to provide opportunities for children, youth, and adults to grow in faith despite not being able to gather in person.

**As additional resources become available, they will be posted on our private Facebook group, RCDA Faith Formation Leaders. That is also a page where we can be of ongoing support to one another and share more ideas, suggestions, etc. with one another. Please look for it on Facebook and ask to be invited**  
<https://www.facebook.com/groups/RCDAFFLeaders/>

We are all painfully aware of the fact that “things are not the same,” including all the plans we had for the faith formation of our adults, youth, and children, and for sacramental preparation. We will simply not be able to replicate the fullness of our plans in a virtual format. We can, however, do our best. **Perhaps the very best thing we can do at this time is to provide families with resources to be the Domestic Church – ways that they can pray together and share faith with one another.** I hope that the resources below, and the ones on the Facebook page mentioned above, will provide a start. Because this situation has developed so rapidly, the initial number of resources has been limited. I am sure that more resources will be developed in the days ahead. **We continue to be available to you during this time by phone or email. Please do not hesitate to contact us. Our phone and email contact information are below.**

Most of all, let us remember that the Church has faced similar situations in her history. The Holy Spirit raised up men and women who carried on sharing the faith in those times. Now, the Holy Spirit is calling each one of us to do the same! Let us continue to hold one another in prayer during these challenging days. Mary, Mother of God, and Health of the Sick, pray for us!

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## Some General Ideas for Ministering with Individuals and Families

- Refer people to the [Diocesan Website](#) for ideas about “faith at home” during the Coronavirus
- Using your parish social media, or your email lists, send prayers and words of encouragement to help people with their fear and anxious feelings during this time of social isolation. See sites such as [Gratefulness](#) or [Spirituality and Practice](#) which has a special section called Spiritual Practices for the Corona Virus Pandemic.
- Encourage individuals and families to continue to have structured sabbath time on Sundays. Pray along with a televised or livestreamed Mass and share about it afterwards. Click [here](#) for both televised and streaming options.
- Since we are all practicing frequent handwashing, pray one Our Father, Hail Mary, and Glory Be as you wash your hands. It equals 20 seconds plus at a normal pace. For children just learning their prayers, pray with them or tape them by the sink. Offer these prayers for all suffering from COVID-19 and those who are caring for them.
- You may also consider doing special virtual messages (videos) to your catechists and families for the upcoming Sundays of Lent, Palm Sunday, as well as for the Sacred Triduum and Easter (if we are still under restrictions at that time.) Post these at the same time each week so that individuals and families can build this into their routine.
- Encourage your catechists to take this time to work on their online courses for their own enrichment and certification through Echoes of Faith: Emmaus Edition. Doing so could add a bit of normalcy amid all the uncertainty. There are still free licenses available. Simply contact David Amico or Joyce Solimini.
- Consider having a virtual gathering with your catechists by Facebook Live, Google Hangouts, Zoom, etc. Take time simply to listen to one another and to pray together as a small community of faith.



## Resources for Providing “Remote” Faith Formation, Youth Ministry, and Sacramental Preparation

### Resources from Religious Education Publishers

**Loyola Press** - Loyola Press has created a special lesson *CatechistsJourney.com* Click through to read the full article [A Coronavirus Response Lesson](#), which appeared first on [Catechist's Journey](#).

**Pflaum** - If you are interested in a digital version of the Pflaum Gospel Weeklies for Unit #4, please call 800-543-4383 for more information or contact our local representative, [Dave Barocsi](#).

**RCLBenziger**- Free access to digital curriculum for 60 days at:  
<https://www.rclbenziger.com/our-company>

Also, other free resources -great prayers, activities for Lent, Easter and lessons for *Laudato si*  
<https://www.rclbenziger.com/catholic-resources>  
<https://www.rclbenziger.com/laudato-si-on-care-for-our-common-home>

**Sadlier**- FREE eBook Site License for Sadlier Religion Programs, log in to at:

- <https://Religion.SadlierConnect.com/@learnfromhomereligion>
- Username: SadlierStudent
- Password: ReadyToLearn!

**Twenty-third Publications** – has a variety of catechetical books that are fully reproducible and can be shared by email. Call 1-800-321-0411 for further information. As of today this information is not advertised on their website but came via an email

### Youth Ministry Resources

- **NFCYM** website has a dedicated page w/ resources <https://nfcym.org/covid19>
- **Catechetical Wisdom for Catholic Teachers and Youth Ministers**  
Logo<https://www.sisterkieransawyer.org/publications/handouts/>
- **Project YM** will be hosting a free Sunday eve. Youth gatherings ONLINE... Parish just needs to register with approximate numbers and share link to the site with families & young people... <https://projectym.com/live/>
  - HOW DOES IT WORK?

- It's simple: you share the link with your teens and they're able to log on Sunday nights for a live broadcast! We'll even give you additional resources to have follow up conversations with your teens after the broadcast.
  - WHAT'S THE FORMAT?
    - Each broadcast is an hour long and includes games, music, and a teaching from one of the top Catholic youth ministry speakers in the country. Teens will be able to watch the live stream from any device and chat live during the event with other young people from across the country!
  - WHEN IS IT?
    - We'll be broadcasting weekly on Sunday nights from 7-8pm Central. Our first broadcast is Sunday, March 22nd.
- **Dynamic Catholic – Decision Point** for some added Confirmation Prep Material. It is a FREE resource – I would suggest sessions 8-11.  
<https://dynamiccatholic.com/confirmation>
- **Decision Point session 8.2** –  
<https://dynamiccatholic.com/confirmation/program-view/sessi>
- **Formed** - some parishes already have this as an option for all ages... <https://formed.org/>
- **Strong Catholic Families/Strong Catholic Youth-** <https://nfcym.org/programs/strong-catholic-families/>
- **Busted Halo – Confirmation-**<https://www.youtube.com/watch?v=Qt32SyDWuW8>
- **Vcat – Truth-**<https://www.youtube.com/watch?v=nGw-Vav463s>

**Fuller Youth Institute** has good resources for supporting youth at this time.

Grace Fay, director of youth ministry at Our Lady of Grace, Ballston Lake and St. Joseph's, Scotia has developed Individual Catechetical Activities for her Confirmation candidates. See <http://www.olgsjym.org/confirmation/individual-catechesis-activities> or contact Grace at (518) 424-6329.

### **Sacramental Preparation Ideas/Resources** *(Also see resources from publishers above.)*

**For RCIA Teams** – **Team RCIA** is one of the best resources for information on ways to adapt your RCIA process during the Coronavirus pandemic.

**For those who want to have some “face time” with families** preparing for Sacraments this Spring, go remote. Lead a lesson for your families at home via Facebook Live (streaming), or record a lesson and place on YouTube. If you wish to do something more interactive, invite smaller groupings to a Zoom meeting or to Google Hangouts. If you are using a published resource, stay tuned as publishers develop some online tools – check their websites periodically.

## **A Prayer for Spiritual Communion**

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you. Since I cannot at this moment receive you sacramentally, come spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you.

Amen.

