



YOUNG ADULT MINISTRY

The Cathedral's Young Adult Ministry (YAM) is the 18-35+ ministry serving both graduate & professional students and *all* young adults (married and single) in the parish and the Richmond area. By offering varied informal gatherings, the YAM hopes to meet the spiritual and social needs of this vital part of our community.

SPIRITUAL

Women's Prayer Group – women's group meets regularly for prayer, reflection, and fellowship
contacts : April Beilhart : intoeqns@hotmail.com; Thi Steele : nguyentn23@yahoo.com

Book Group – monthly discussion of Christian themes and issues from a chosen book, previously discussed titles include *A Severe Mercy* by Sheldon Vanauken, *The Screwtape Letters* by C. S. Lewis and *The Giver* by Lois Lowry
contact : Adam Claar : zeliq_9@yahoo.com

Other annual activities have included Mass on the Mountain, Advent and Lenten Bible Studies, YAM Retreats, and a bus trip to the National Basilica in Washington DC.

SOCIAL

Sunday Brunch – meet for fellowship & food weekly after the 11am Mass, meet at the baptismal font
contacts : John Spacek : j_spacek@yahoo.com; Diana Woo : dwoo11@yahoo.com

Happy Hour – monthly social event held at various locations
contact : Alex Nguyen : pnnnguyen7@yahoo.com

Sports with RCSSC – join one of the Cathedral YAM's teams to get active and socialize through the River City Sports and Social Club, possible sports include kickball, dodgeball, football, etc.
contact : Alex Nguyen : pnnnguyen7@yahoo.com

Metro Church Softball – join fellow young (and less young) adults in the Cathedral's very own slow-pitch softball team, season runs April through June
contact : Bernie Glenn : bernard.glenn@honeywell.com; Sharon Hickman : sharon_hickman@verizon.net

Other events have included Welcome Nights, hiking and mountain trips.

SERVICE

Various service activities are planned throughout the year. Previous partner organizations include Kids Peace, Salvation Army, Freedom House, and Habitat for Humanity.
contact : Allison Powell : alpowell07@gmail.com

For more information and email announcements with details on each of our programs and events, join our Yahoo Group at <http://groups.yahoo.com/group/cathedralyam/>. Also look for YAM on Facebook at "Cathedral YAM of RVA" and on the Cathedral website at <http://www.richmondcathedral.org/yam/yam.htm>.