

ABSTRAK

MANFAAT RENUNGAN *DAILY FRESH JUICE* SEBAGAI
MATERI PEWARTAAN IMAN PADA ERA DIGITAL
BAGI UMAT LINGKUNGAN SANTO AGUSTINUS KECEME
PAROKI SANTO YOSEPH MEDARI YOGYAKARTA

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Skripsi ini berjudul **“MANFAAT RENUNGAN *DAILY FRESH JUICE* SEBAGAI MATERI PEWARTAAN IMAN PADA ERA DIGITAL BAGI UMAT LINGKUNGAN SANTO AGUSTINUS KECEME PAROKI SANTO YOSEPH MEDARI YOGYAKARTA.”** Penulis memilih judul ini didasari oleh keprihatinan penulis tentang adanya larangan untuk berkumpul selama Pandemi Covid-19, khususnya bagi warga yang berusia lanjut. Umat yang memiliki riwayat penyakit bawaan tidak diperbolehkan untuk mengikuti misa di Gereja dan mengadakan kegiatan yang sifatnya berkerumun, sehingga pada masa pandemi umat Lingkungan Keceme mengalami krisis iman. Berdasarkan keprihatinan ini penulisan skripsi dimaksudkan untuk mengetahui bagaimana manfaat Renungan *Daily Fresh Juice* sebagai materi pewartaan iman pada era digital bagi Lingkungan Santo Agustinus Keceme Paroki Santo Yoseph Medari, Yogyakarta dan memiliki harapan untuk memperkenalkan Renungan *Daily Fresh Juice* kepada umat Lingkungan Keceme. Tujuannya supaya kegiatan pendalaman iman di lingkungan semakin hidup. Penulisan skripsi ini menggunakan metode penelitian kualitatif deskriptif. Penulis memperoleh data dengan penyebaran Renungan *Daily Fresh Juice* melalui *WhatsApp Group*, wawancara, dan *Focus Group Discussion*. Untuk validasi data penulis menggunakan triangulasi teknik yaitu dengan membandingkan data yang diperoleh dari hasil wawancara, dan pertemuan *daring* yang kemudian divalidasi dengan hasil wawancara dengan validator. Hasil penelitian menunjukkan bahwa Renungan *Daily Fresh Juice* ini lebih mudah diakses. Renungan *Daily Fresh Juice* juga membantu umat mengaplikasikan nilai-nilai Kristen dalam kehidupan sehari-hari. Dengan bahasa yang sederhana dan relevan, renungan ini tidak hanya memberikan wawasan teologis tetapi juga membangun kehidupan spiritual yang lebih kuat di tengah tantangan zaman.

Kata Kunci: Manfaat Renungan, Materi Pewartaan, Doa Rutin dan Umat Lingkungan.

ABSTRACT

**THE BENEFITS OF DAILY FRESH JUICE MEDITATION
AS A MATERIAL FOR THE PROCLAMATION OF FAITH
IN THE DIGITAL ERA FOR THE PEOPLE
OF THE BASIC COMMUNITY OF ST. AUGUSTINE KECEME
PARISH OF SAINT YOSEPH MEDARI YOGYAKARTA**

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This thesis is entitled "**THE BENEFITS OF DAILY FRESH JUICE MEDITATION AS MATERIAL FOR THE PROCLAMATION OF FAITH IN THE DIGITAL ERA FOR THE PEOPLE OF THE BASIC COMMUNITY OF ST. AUGUSTINE KECEME, PARISH OF ST. JOSEPH MEDARI YOGYAKARTA.**" The author chose this title out of concern about the ban on gatherings during the Covid-19 pandemic, particularly for the elderly. Those with underlying health conditions are not permitted to attend church services or hold activities involving large gatherings, leading to a crisis of faith among the Basic Community of Keceme during the pandemic. The author chose this title based on the author's concern with the existence of government regulations on activities that are to crowd, the elderly and people who have a history of congenital diseases are not allowed to attend mass in the Church and hold activities that are crowded, so that during the pandemic the people of the Basic Community of Keceme have a crisis of faith. Based on this concern, the thesis writing is intended to find out how the benefits of Daily Fresh Juice meditation as a material for the proclamation of faith in the digital era for the Basic Community of Saint Augustine Keceme, Parish of Saint Joseph, Medari, Yogyakarta and has the hope to introduce the Daily Fresh Juice Meditation to the people of the Basic Community of Keceme. The goal is to make the deepening of faith in the environment more lively. The writing of this thesis uses a descriptive qualitative research method. The author obtained data by disseminating Daily Fresh Juice Meditation through WhatsApp Groups, interviews, and Focus Group Discussions. For data validation, the author uses a triangulation technique, namely by comparing data obtained from the results of interviews, and online meetings which are then validated with the results of interviews with validators. The results of the study show that the Daily Fresh Juice Meditation is more accessible. Daily Fresh Juice Meditation also helps people apply Christian values in their daily lives. With simple and relevant language, this not only provides theological insight but also builds a stronger spiritual life in the midst of the challenges of the times.

Keywords: Benefits of Meditation, Materials for Faith Proclamation, Routine Prayers and People of the Basic Community.