

# Saint Bridget High School Youth Ministry

2025-2026

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## The Ministry of Catechesis

*Quite early on, the name catechesis was given to the totality of the Church's efforts to make disciples, to help people believe that Jesus is the Son of God so that believing they might have life in his name, and to educate and instruct them in this life, thus building up the Body of Christ (Catechism of the Catholic Church no. 4).*

The ministry of catechesis helps adolescents develop a deeper relationship with Jesus Christ and the Christian community and increase their knowledge of the core content of the Catholic faith. The ministry of Catechesis also helps young people enrich and expand their understanding of the Scriptures and the sacred tradition and their application to life today and live more faithfully as disciples of Jesus Christ in their daily lives, especially through a life of prayer, justice, and loving service. Genuine faith is a total response of the whole person—mind, heart, and will. The ministry of catechesis fosters growth in Catholic faith in all three dimensions—trusting (heart), knowing and believing (mind), and doing (will). The goal should be to have all Catholic youth involved in some program of catechesis. (USCCB)

**St. Bridget High School Youth Ministry is based on four foundational pillars: Community, Word, Worship and Service.** **Community** refers to the experience of fellowship and fun our youth have when they come together as a group. **Word** is the knowledge aspect of our faith, learning what we believe so we may better apply it to our lives, sharing the life-giving truth of the Gospel in a small group-based model. **Worship** is what is due to God and the avenue in which we meet freedom. We come to freely be ourselves in the presence and worship of God. **Service** is the response, the sending.

By coming together under the banner of his name regularly, we discover the riches of the faith to be ours. We joyfully worship Him who made us, sustains us and sends us out to others: to announce the Gospel and proclaim the kingdom, by our words and by our actions, transformed in the fire of his Sacred Love.

## High School Youth Ministry Schedule

**DAILY BREAD SUNDAYS:** High School youth will gather in Church Hall to learn and grow deeper in our relationship with God. As explained on the previous page, our program is based on four components: Community, Word, Worship, Service. Those components that are listed in conjunction with dates below are the primary focus of the gathering.

**We will meet in Church Hall from 12:30 pm until 2:00 pm (unless noted otherwise).**

Our program is a non-classroom format that is both engaging and relevant to High School youth. Curriculum and resources for study will be discussed with youth and will follow the framework provided by the United States Conference of Catholic Bishops.

### August

17 – Parent + Youth Orientation

24 – Daily Bread 1, “Who are you, God?”  
(Word)

30 – No Class

### September

7 – Daily Bread 2, “Journey on by Stages”  
(Word)

14 – Parish Picnic and Ministry Fair  
(Fellowship)

21 – “To the Heights” (afternoon outing)  
(Fellowship)

26, 27 – Cardboard Box City Event  
(Service, Fellowship)

\*Separate Registration\*

### October

5 – Daily Bread 3, “The Visible and Invisible”  
(Word)

9 - *Spot requests for 2025 Life Teen Summer Camp due*

12 – No Class

19 – Daily Bread 4/Adoration  
“Light from Light”  
(Worship), (6:30 pm – 8:00 pm)

### November

2 – No Class, Optional Virtus Session

9 – Daily Bread 5, “Incarnatus”  
(Word)

16 – Daily Bread 6/Adoration  
(6:30 pm – 8:00 pm)

30 – No Class

### December

7 – Daily Bread 7, “The Virgin Mary”  
(Word)

13 – Christmas Sharing Event and Party  
(Service, Fellowship)

19 – Advent Prayer Service  
(6:00 pm – 7:00 pm, in the Church)

21 + 28 – No Class

### January

4 – No Class

11 – Daily Bread 8, “In Accordance”  
(Word)

18 – No Class

## **February**

8 – Daily Bread 9, “I Confess”  
(Word)

15 – No Class

22 - Daily Bread 10, “One Baptism”  
(Word)

## **March**

1 – Fellowship Gathering

8 – No Class (Spring Break)

15 – Daily Bread 13/Adoration  
(Worship), (6:30 pm – 8:00 pm)

22 – Regional Youth Night at St. Bridget  
w/St. Mike’s and St. Edward’s Youth  
(Fellowship) (6:00 PM – 8:10 PM)

29 – No Class (Palm Sunday)

## **April**

5– No Class (Easter)

12 – Daily Bread 14, “Resurrection”  
(Word)

22 - Virginia Pro-Life Day (TBD)  
\*Separate Registration\*

25 – Diocesan Work Camp Registration Due