

## TEEN TESTIMONIES

"EPIC has made me more conscious of my faith in everyday life and has helped me work to be a more Christ-like person in all my interactions. I'm immensely glad I joined EPIC this year." - *Ben, 9th Grade*

"The EPIC program is a blessing and it has helped me find my faith. I pray that more teens have the chance to come to know God as I did."  
- *Nicol, 10th Grade*

"My favorite part about EPIC is how David and the Core relate the teachings of Christ to our own lives. They help us live out the Gospel, and they show us how it affects others' lives." - *Catherine, 10th Grade*

"I have all the great people at EPIC and St. Benedict to thank for completely changing my life for the better and helping me become a disciple of Christ!"  
- *Nolan, 12th Grade*



## CONTACT US

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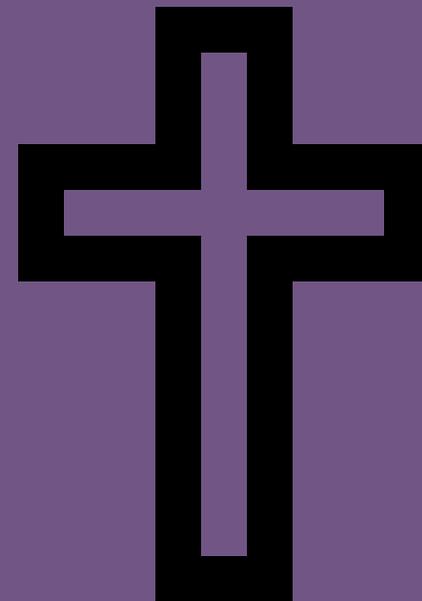


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# PARISH OF ST. BENEDICT



EPIC  
High School  
Youth Ministry

## WHAT IS EPIC?

EPIC (*Empowering People In Christ*) is the high school religious education program at St. Benedict. By sharing the teachings of the Catholic Church and discussing moral issues, our youth grow in relationship with one another and with Jesus Christ. EPIC challenges our high school youth to live out their faith in everyday life.

### Catechesis

The Person of Jesus Christ, the Catholic Church, Sacraments, Discipleship, Scripture, Prayer/Spirituality

### Life Issues

Morality, Social Justice, Stress/Anxiety, Peer Pressure, Social Media, Dating/Relationships

## WHAT DOES EPIC DO?

### EPIC Sessions

EPIC sessions are on Sunday evenings from 6:15-8:00pm at St. John Bosco Catholic School. A session includes dinner, games/icebreakers, teachings, small group discussions, and prayer experiences.

### Retreats

EPIC holds a weekend retreat once a semester. These retreats allow teens to escape from the stresses of daily life in order to enter into a deeper prayer experience. Our teens say that these retreats are an inspirational part of their spiritual growth and development.

### Service

To put our faith into action, EPIC teens and leaders volunteer at monthly service events. These events allow teens to grow in faith, charity, service, and love for our brothers and sisters in Christ.

## EPIC'S FOUNDATION

To relay biblical and doctrinal truths to our youth.

To promote a lifestyle of moral and theological virtues.

To actively serve the community on behalf of the Catholic Church.

To encourage others to share their gifts, talents, joys, and struggles.

To instill the importance of personal prayer and spirituality.

To promote the greatness of Christ over adult leaders and ministries.

