

YOUTH MINISTRY AT ST. THERESA CATHOLIC CHURCH

What is the Upper Room Squad (URS)?

It is teen led, teen organized, teen focused with FOOD, FUN, FELLOWSHIP and FAITH! We meet on most Sunday nights and the event runs from 6-8pm. The night starts with an enthusiastic opening prayer! Then we do an ice breaker or a fun game to get kicked off right! After a "mildly competitive" game - that is always different each week - the teens go over to the church. While at the church the group breaks into groups of 5-7 people. In those groups the teen leaders guide what we call a "Gospel Contemplation." The GC is a passage from the Old or New Testament which is read and considered in light of the Good News of Jesus Christ. The questions and discussions are always a powerful experience of fellowship and faith for both the younger and older teens to encounter Jesus Christ! During the GC there is usually a priest available for Confessions, the Sacrament of Reconciliation, healing and growth! To conclude their time at the church the group gets back together and heads to the upper room (the choir loft) of the church for a talk by one of our adult leaders, or a visiting speaker, or a testimony from one of our teens. The night ends with more fellowship and pizza back over in the cafeteria.



We send out **REMINDS** to all of our parents teens that have signed up for 'remind' regarding the events, times, etc.



To sign up for the remind for Monday Nights on your cell –
text **@upperrooms** to phone number **81010** using your cell phone

If you are interested in learning more about Youth Ministry or a possible role in Youth Ministry please contact me and we can talk!

Paul Dwyer

703-729-0426

yoffice@sainttheresaparish.com