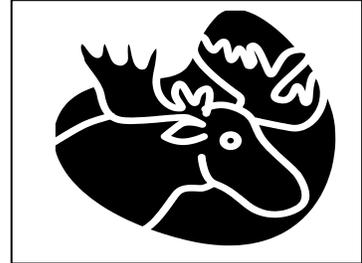


Bible at the Bou

by Christine Najarian

*“Bible at the Bou” is a weekly Bible study program conceived of by **Christine Najarian** and the young people at Holy Spirit Parish. The program is a simple and yet effective way to reach out to young people.*

In assessing the needs of our youth ministry, I came up with a pattern of what our weekly youth meetings would be. Each meeting could vary from learning about types of prayer, to playing a game of basketball. It became important that we would have something available each week that was comprised of only discussion of faith matters. No games, no icebreakers, just the Word of God.



When Caribou Coffee opened across the street from our church, we knew he had found the spot for our Bible study. I met briefly with the manager, and with the employees who worked while we would be meeting. They were very open to what we would be doing, and suggested the large table in the back would be best for our purposes.

Our meeting time is from 7:00-8:00, one night a week. During the year, we usually have 10-12 people, and during the summer, 15-18. The teens arrive (usually with money and Bible in hand), get their drinks, and have a seat. By the time we get settled with our coffee (or blended iced thingee), and situated around the big table, it is usually around 7:10.

One of the teens opens our meeting with prayer. We then read the Gospel for the coming Sunday, aloud. After it is read aloud, everyone re-reads the passage silently to themselves. Once everyone has read the Gospel thoroughly, we begin discussion. Our discussion time is relaxed and unstructured.

It is helpful for the leader to do background research on whatever will be discussed, and have a few questions in mind that would inspire conversation. However, I rarely put together an extensive list of questions; the discussion usually takes on a life of its own. The only other preparation that needs to be done for the meetings is an email the day before the meeting as a reminder that includes a copy of the reading to be discussed.

After discussion has finished, we close with prayer, and often with a challenge for the coming week. In an extra time, we also go back to the Gospel from the previous week and discuss anything new that we heard in homilies, or how we put it into practice in our lives. This weekly meeting has been a wonderful gift to our ministry, and has had consistent attendance in the two years of its existence. The biggest challenge at times has been figuring out how to accommodate numbers as they grow!!

Christine Najarian has served as the Coordinator of Youth Ministry for both junior high and high school at Holy Spirit Catholic Church in Annandale since 2001. Prior to working in ministry full time, she volunteered within multiple ministries at St. Mark in Vienna for four years. She was also heavily involved in campus ministry at George Mason University during her college years. Outside interests include guitars and slurpees.