



# Faithful Footsteps

**Walking Together in Faith on a Lifelong Journey**

## Leading Young People Towards a More Christ-Centered Life



American Heritage Girls (AHG) was founded by a group of parents wanting a faith-based, scout-type character development program for their daughters in 1995. The AHG Program is

dedicated to the mission of building women of integrity through service to God, family, community and country. AHG girls across the nation and the globe participate in badge programs, service projects, leadership opportunities, and outdoor experiences, all with an emphasis on Christian values and family involvement.

Today there are Troops in every state and in 15 countries around the world. There are thousands of volunteer members across the country helping girls to grow in their faith, cultivate a heart for service, enjoy the great outdoors, and have more fun than they can imagine!

### Mission Statement

Building women of integrity through service to God, family, community and country.

[American Heritage Girls – Christ-centered character development program for girls.](#)

Cathedral currently has a troop for each of these organizations

The Troops of Saint George (TSG) is a fraternal Catholic nonprofit apostolate for priests, men, and young men looking for a life of adventure coupled with virtue. Initially founded in 2013, we have become a collection of troops that do the following: experience reverent and beautiful Masses on mountaintop vistas, pray the Rosary with other men around fire pits in the freezing cold, catch a Fish Friday meal by fly fishing for trout, go to confession with our priests while kneeling on moss in the woods, teach our sons archery, rock-climbing, marksmanship, fishing, survival skills...and Catholic virtues, foster a love for the priesthood and a reverence for the Sacrament of Matrimony, support our local parish, our priests, our bishops, and community by being available for works of mercy and service



**TROOPS OF SAINT GEORGE**  
VIRTUS. HONOR. FRATERNITAS.

### Mission Statement

The Troops of Saint George apostolate aims to use the outdoors as our canvas and the sacraments as our path to light the way for the formation of Holy Catholic men and boys. Whether called to the vocation of the priesthood, the religious life, or that of Holy fatherhood, our fathers and sons will take a prayerful pilgrimage together to fulfill Christ's desire for them to grow in virtue and in their Holy Catholic faith as they journey toward heaven.

[Troops of Saint George | Virtus. Honor. Fraternitas.](#)

FMI Contact Diane Huck

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# Walking Together in Faith to these

# UPCOMING EVENTS

"Let them prefer nothing to Christ."

## RB 72 Retreat

What: A retreat for girls entering 8th Grade

When: July 31-August 2, 2025

Where: Annunciation Monastery Bismarck, ND

For more information, contact Sister Marena  
701-255-1520  
marena@annunciationmonastery.org



## Emmaus Youth Retreat

Williston: Sunday, October 26, 2025, St. Joseph Parish

Minot: Sunday, November 16, 2025, Bishop Ryan High School

Dickinson: Sunday, February 22, 2026, Trinity High School

Bismarck/Mandan: Sunday, March 22, 2026, St. Mary's Central

All retreats run from 12:30 - 6:00 pm local time  
with 5:00 pm Mass included

## 2025-26 SEARCH WEEKENDS

Don't wait until the last minute, the deadline to register is 2 weeks before.

- ☐ OCT 10-12, 2025
- ☐ NOV 14-16, 2025
- ☐ JAN 16-18, 2026
- ☐ MAR 6-8, 2026
- ☐ APR 17-19, 2026

**WEEKEND COST: \$75<sup>00</sup>**

PARTIAL SCHOLARSHIPS ARE AVAILABLE. NO ONE WILL BE TURNED AWAY BASED ON FINANCIAL NEED.

**REGISTER ONLINE**  
[SearchinMedora.com](https://SearchinMedora.com)



A PARENT OR LEGAL GUARDIAN MUST BE PRESENT WHEN REGISTERING ONLINE IF UNDER 18.



## COR CHRISTI INSTITUTE AT THE UNIVERSITY OF MARY

July 7-11 or July 14-18, 2025

Cor Christi ("The Heart of Christ") invites high school students to a living encounter with Jesus and the foundational teachings and practices of the Catholic faith. This initiative is born from the desire of a group of young priests and other dedicated believers to offer a new generation—through an intensive summer experience—the basics of the adventure of faith.

Do you have a past event you would like to highlight or an upcoming event you would like to share? Email Diane at [dhuck@bismarckdiocese.com](mailto:dhuck@bismarckdiocese.com) with all the information, photos, quotations and more to be including in the upcoming issues of Faithful Footsteps.



# Four Things Every Catechist Should Read This Summer

Jun 29, 2021 [www.dioceseoftyler.org](http://www.dioceseoftyler.org)

For many catechists and faith formation volunteers, the summertime provides an opportunity to rest from pouring into the spiritual lives of others. Although it's nice to have a little break, the summer months are not a time to neglect our own spiritual and intellectual formation as catechists. This summer, continue your spiritual formation by reading and praying with these books and Church documents.

## **The Gospel of Matthew**

As catechists, regardless of the ages we teach, our primary job is to teach our students about Jesus Christ. We cannot teach others about Jesus if we ourselves do not know him. We must constantly strive to know, understand and grow in our love for our Savior. The best way to do this is through the Gospels. In the Gospels, Jesus reveals himself to us in a deep and profound way. We learn who he is, what he says and how he lives. This summer, strive to encounter the person of Jesus Christ on a deeper level by reading the Gospel of Matthew. The Gospel of Matthew is often called the catechist's Gospel, or the Teacher's Gospel because of all the rich teachings of Jesus found in this particular Gospel. The Gospel of Matthew presents not only the teachings of Christ, but also instructs us as catechists how we can and should teach others.

## **Forming Intentional Disciples: The Path to Knowing and Following Jesus, by Sherry A. Weddell**

If our goal as catechists is to introduce our students to Jesus and help them to become his followers, we need to have an understanding of discipleship and how to form others into disciples. In her book, [\*Forming Intentional Disciples: The Path to Knowing and Following Jesus\*](#), Sherry Weddell explains the need for discipleship, the various stages of discipleship and the ways we as formational leaders can guide others in being disciples. If you are unfamiliar with the term discipleship or what it means to make disciples, this book is a great place to start.

## **Catechesi Tradendae, by Pope John Paul II**

[\*Catechesi Tradendae\*](#), or Catechesis in our Modern Time, by Pope Saint John Paul II is a document every catechist should have on their bookshelves. As a catechist, this document is for you. In it, John Paul II dives into a reflection on catechesis: the various methods of catechizing, the role of catechesis in the overall call of the Church to evangelize, and the role of the catechist to give the teaching of Christ and not their own agendas. *Catechesi Tradendae* is a profound document that will give you as a catechist much to reflect on and pray over.

## **The Catechism of the Catholic Church, Part IV (Christian Prayer)**

In the life of a Christian, prayer plays such an important role that an entire section of the [\*Catechism of the Catholic Church\*](#) is dedicated to this topic. As Catechists, all that we do in loving and serving those we teach should flow from our lives of prayer. It's in prayer that we learn to develop a deep and personal relationship with Jesus Christ. If our primary job as Catechists is to introduce our students to the person of Jesus Christ, we should strive to learn about and grow in prayer so as to learn to encounter Jesus ourselves. The fourth and final part of the Catechism provides a simple but beautiful reflection on prayer. This section of the Catechism teaches us what prayer is, the history of prayer throughout Scripture, and the role prayer should play in our lives. Finally, the Catechism offers profound reflections on the "Our Father" and the "Hail Mary" prayers, helping us come to a deep understanding of the beauty and significance of these prayers.

If our goal as catechists is to help others encounter Christ, we need to be sure we are striving to encounter him ourselves through prayer and continued intellectual and spiritual formation. This summer, deepen your love for Christ and his Church by exploring these books and Church documents

# LOOK WHO'S WALKIN'

Celebrating fun and educational events in our Diocese that are spreading the Love of Jesus!



**The Cathedral Youth Group Mission Trip** took off to a great start on June 10th! The group packed the car on Sunday and started their road trip to Denver. They stopped in Wyoming to burn off some energy and see Devils Tower. Dinner was provided by Fr. Steven's hometown

parish in Torrington, WY. They got to Denver and started their service right away by serving with the Missionaries of Charity. They also hiked up to Mother Cabrini Shrine. The kids also spent the day feeding the poor with the wonderful sisters of the Missionaries of Charity. They ended the night with ice cream and a Rockies game! On Wednesday, the Denver Mission Trip group worked with Christ in the City to bring meals and conversation to the homeless population. The Youth Group concluded their trip with visits to the Denver Zoo, a service project with the staff of St. Elizabeth of Hungary, a tour of the Marisol Health Home, an excursion to the Denver Nature & Science Museum, and a tour of the St. John Vianney Seminary. They are headed back to Bismarck June 15th!



## **Fun way for kids to support the community! Church of St. Therese, the Little Flower, Minot**

Your change can add up fast to help parents and babies in our area. If you've been collecting loose change for the Dakota Hope Clinic Baby Bottle Campaign, it's time to return your bottle! Collection baskets will be available at the entrances to the church. Forgot to fill it up or don't have any loose change? Feel free to add a cash or check donation. Any amount helps!

PS: I have also seen collections using the plastic containers from mini M&Ms—\$10 worth of quarters fit perfectly in each one!

