

The Roman Catholic Archdiocese of Washington

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FOR IMMEDIATE RELEASE:

October 19, 2026

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First ever EXULT Youth Conference to Gather 600+ High School Students

Held at The Catholic University of America, the all-day event will feature Mass, live music, confession, adoration, outdoor games, food trucks and breakout sessions.

WASHINGTON, DC – High school students from across the Archdiocese of Washington will gather at The Catholic University of America on Saturday, October 24, for the first ever [EXULT Youth Conference](#), a daylong event inviting teens to deepen their faith through prayer, worship, and fellowship.

Saturday, October 24, 2026

9:00 a.m. to 9:00 p.m.

(Mass with Cardinal Robert McElroy at 10:15 a.m.)

Pryzbyla Center, The Catholic University of America

620 Michigan Ave. NE

Washington, D.C. 20064

Conceived by [Father Danny Morrison](#), parochial vicar at Church of the Little Flower in Bethesda, and hosted by the archdiocesan Office of Youth and Young Adult Ministry, the conference is modeled after *Mount2000*, an annual youth retreat hosted by Mount St. Mary's Seminary in Emmitsburg, Maryland. Registration for the event was launched in June and sold out quickly.

The theme, “Let My Prayer Rise Like Incense,” encourages young people to make prayer a central part of their lives and develop a deeper, more personal relationship with God. In addition to Mass, the 600 high school attendees will take part in personal testimonies, confession, breakout sessions, outdoor games and other activities designed to strengthen their faith and build community. Live music will be provided by [Damascus Worship](#).

Media are asked to RSVP to communications@adw.org.

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The Roman Catholic Archdiocese of Washington includes 671,000 Catholics in 140 parishes and nine missions, with 90 Catholic schools in the District of Columbia and in the five surrounding Maryland counties of St. Mary's, Charles, Calvert, Prince George's and Montgomery.