



## **BREIGH KNIGHT: What's My Story?**

Breigh Knight has spent all 19 years of her life as a cherished member of the Abyssinian family. Her parents, Trilbi and Bertram Knight, are devoted deacons who faithfully serve on various boards, including the New Life Usher Ministry and Senior Ladies Liaisons.

Reflecting on her journey, Breigh shares, *"Ever since, I want to say, four years old, I've been involved in my church. I began by leading the service from the pulpit under the guidance of Ms. Karen Phillips. Every fifth Sunday, I would stand in the pulpit, and the church watched me grow into the young woman I am today."*

Breigh's passion for service and ministry at Abyssinian is evident in her active involvement over the years. She has participated in plays and programs sponsored by the Worship Experience (WE) and has proudly followed in the footsteps of her mother and aunt by serving as a youth usher, a role she began at just six years old.

In addition to her other accomplishments, Breigh is a 2019 graduate of the Young Daughters of the Blue Nile Rites of Passage program. She continues to make an impact as a member of the Youth Ambassadors program, whose mission is to uphold and share the lessons learned in childhood with the next generation. Breigh's dedication exemplifies her commitment to faith, service, and community leadership.

Those who know Breigh describe her as bubbly, compassionate, caring, and independent, with a constant desire to brighten someone's day with a smile. Currently a sophomore at the University at Albany-SUNY, Breigh is pursuing her passion for helping others, aspiring to become a therapist specializing in teens and young adults. She shares, *"I have always wanted to help people as a career."*

Breigh also has a deep love for reading, a passion nurtured by her father during her formative years. *"My father would have me reading books growing up, and it's something I've carried with me ever since,"* she explains.

Breigh credits her late grandfather, Bertram Knight, a Bajan immigrant and retired mailman of 37 years, for teaching her one of life's most valuable lessons. *"My grandfather, who was my first best friend and someone I love more than words can*

*express, was known for his blunt approach and honesty, especially with those he loved. I was the apple of his eye—his ‘little lady,’ as he called me.”*

She recalls a formative moment from her childhood: *“I would eagerly share my report cards with him, proud and excited to hear his praise. But one day, instead of a simple ‘well done,’ he said, ‘This is good, but what you’re doing, you’re not doing for me—you’re doing for yourself.’ At the time, I was disappointed, but as I grew older, I realized he had left me with a lifelong lesson. He was teaching me that our accomplishments don’t need validation from others. As long as I’m proud of myself, that’s what truly matters.”* This lesson has stayed with Breigh, shaping her sense of self-worth and inspiring her to pursue her dreams with confidence and independence.

Breigh finds it hard to choose just one memorable moment at Abyssinian, but she reflects on her last Sunday before leaving for college. *“I knew I’d cry, but I didn’t expect the emotional ride,”* she shares. She recalls her bond with Rev. Butts, the only pastor she had ever known, describing him as *“one of the most incredible people I’ve ever met.”* Leaving the church, knowing she wouldn’t see him when she returned, was especially difficult.

For Breigh, Abyssinian is more than a church—it’s the foundation of her life’s journey.

This is Breigh Knight and This is Her Story.