

Template for One Day Retreat—adjust depending on travel time, length of retreat, inclusion of Mass, etc.

Sample Schedule:

Eat breakfast at home. Bring your signed permission slip, a sack lunch, snacks, water bottle, and a pen/pencil. Dress for the weather.

8:00 Arrive at Church

8:15 Leave for retreat site

9:00 Arrive and settle in; name tags; bathroom break

9:15 **Large Group**

Welcome, hospitality, reminders about rules/expectations of behavior, where they can go, not going anywhere alone, turn in cellphones and smart watches, where to refill water bottles, put names on journals, etc.

Theme: Introduce using a poster/banner, decorations, music, scripture, etc. Include the focus of what a retreat is about—relationship with God.

9:30 **Opening Prayer**

9:45 **Group Activity—Connect to theme.** Short discussion at the end re the message, insights, and lessons learned. Suggestion: Simon Says, Coin Connection.

10:05 **Large Group Presentation**—briefly connect to theme and previous activity. Present on Names for God, Images of God. Names are important, including our own. What we grew up with may have changed. Might be struggling with it at some point. Not all names/images will work for everyone: a person abused by a dad/father figure may not relate well to God as Father or other male images; God who sits in judgment may be very scary to someone; Jesus who is beat and bullied may not bring about a close relationship. Have the group offer names/images and write them on poster paper/tear sheets/white board. Encourage them to add to the list throughout the day.

10:25 **Reflection**—silent time for journaling. Use lead questions for them but encourage them to write whatever the Holy Spirit is leading them to write about.

10:35 Break

10:45 **Small Groups**—remind them of respecting each other and the journey of the other. Review basic guidelines regarding sharing in a group. Have an adult lead the conversation based on the questions about which they journaled. These are beginning points for journaling and discussion, so the adult needs to be able to adapt.

11:05 **Group Activity—Connect to the theme.** Short discussion at the end re the message, insights, and lessons learned. Suggestions: Gossip/Telephone, Whistle A Happy Tune.

11:20 **Large Group Presentation**—How to build a relationship with God. Pray. Communicate clearly and LISTEN!

11:35 **Reflection**—silent time for journaling. Use lead questions for them but encourage them to write whatever the Holy Spirit is leading them to write about.

11:45 **Small Groups**—sharing around the journaling questions

12:10 **Lunch**—make sure to take a break for bathroom needs, refilling water bottles, etc. toward the end of lunch.

1:00 **Activity Rotation**—schedule 20 minutes, including transition time, for three rotations. Designate where each small group goes, where they rotate to next, and who is in each of the three groups. Adults stay with their assigned small group and rotate with them. If you are a large parish, you might have 3 or 4 small groups per activity in the rotation while a small parish might only have one small group that simply rotates through each of the stations. Make sure the adults debrief with the youth at the end of each activity before moving to the next. Again, these activities need to be connected to the focus of the retreat. Rotations: Adoration, Games (Tarp Turn, Hand Squeeze), and Quiet Crafting.

2:15 **Reflection**—silent time for journaling. Use lead questions for them but encourage them to write whatever the Holy Spirit is leading them to write about.

2:25 **Large Group Presentation**—Tricks of the Trade in Prayer: start with short amounts of time, have materials ready, keep a list of situations/people to pray for and offer the whole list at one time to God, stick with a style of prayer long enough to get good at it or to discover it really doesn't work for you at this time, quiet space (use headphones if needed).

2:40 **Praise and Worship**—live musicians or YouTube sing along.

3:10 **Large Group Presentation**—Who is this Holy Spirit Person Anyway? Avenue of grace, speaks when we have no words, intercedes, inspires, etc.

3:25 **Small Groups**—share how the afternoon has been for them. What feedback, insights, learnings, experiences, or prayers would you like to share with the large group? Adult takes pressure off by taking notes and speaking for the group when regather as large group.

3:40 **Large Group**—each of the small groups report back 2-3 thoughts. If not appropriate for mass (t-shirt, water bottle, etc.), hand out “memento” items.

3:50 **Prepare for Mass**—bathroom break, transition, etc.

4:00 **Saturday Vigil Mass**—if desired have the priest bless the items (medal, cross, holy card, etc.) to be given to the participants and either the priest or the YM/Catechist can hand them out after Communion.

5:00 **Depart**