

Template for Two Day Retreat—Saturday morning to Sunday afternoon

Sample Schedule:

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

Saturday:

8:00 Arrive at Church; load belongings

8:30 Leave for retreat site

9:15 Arrive; Get room assignments and drop off your personal belongings; bathroom break

9:45 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, wear name tags, etc.

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

10:00 Opening Prayer

10:15 Large Group Presentation—Images of God, Importance of names and identity

10:35 **Personal Prayer**—Journal: What is your name/nickname? Where did these come from? What do they mean to you? How do you identify God/What is your image of God? Has it changed over the years?

10:45 **Small Group**—Share your answers. Ask questions. Adult group leader keeps the sharing on track, respectful, and is aware of time.

11:00 **Game**—Chose from the list. Make sure to process at the end of the game.

11:20 **Witness Talk**—My image of God, how I got it, what it means to me.

11:40 **Small Group**—What did you hear? What questions arise? What surprised you, touched your heart, confused you, etc.?

12:00 Lunch

12:40 Clean-up, bathroom break, refill water bottles

12:55 **Large Group Presentation—Tricks of the Trade:** how to pray, environment, quiet, start short and extend the time, etc.

1:15 **Personal Prayer**—use the journal, a Scripture passage, a piece of poetry, or something that has been said today to reflect on. Stay here. Really try to listen to God.

1:25 **Game**—Chose from the list. Make sure to process at the end of the game.

1:45 **Small Group**—What has been presented/experienced in this last hour or so that has been helpful, confusing, moving, challenging, etc.?

2:00 **Large Group**—Prayer/Catholic Central

<https://www.youtube.com/watch?v=KBZ6DsRwdV8> Remind participants that they are called to go beyond the presented forms of prayer. These are beginning points, a style that is often communal, very good to use when we don't have other words.

2:15 **Witness Talk**—How has prayer impacted my life? What did I struggle with when I first started to pray seriously? What styles of prayer have I tried?

2:30 **Large Group**--Prayer style/temperament/personality presentation: Prayer and Temperament **or** Prayer and Personality Type **or** Prayer and Learning Styles presentation

3:00 **Reflection**—Which prayer style seems to fit me right now? What questions are arising? What do I want more information about? Why is this important to know and incorporate?

3:20 **Small Group**--process the information from the video and the presentation. What was new information? What questions arose? What do you think will work for you? What are you connecting with? Etc.

3:35 **Break**

3:50 **Activity Rotation**: Adoration, Praise and Worship, Small Group Games (choose from list or add your own)

5:30 **Dinner**

6:15 Clean-up, bathroom break, refill water bottles, etc.

6:30 **Personal Prayer**—Journal: Where am I right now? What am I feeling? What questions are arising? What has brought clarity and what has brought confusion? What do I desire in my relationship with God now?

6:50 Prepare for liturgy

7:00 **Mass**

8:00 **Fun Time**—play board games, show a movie, play group games, etc. Time to relax, have fun, build relationships, talk “privately” with an adult, etc. Include a snack at some point.

10:00 **Night Prayer**

10:30 **Bed Time**

Sunday:

7:30 **Rise and Shine**—pack up and clean cabins

8:20 **Morning Prayer**

8:40 **Breakfast**

9:15 Clean-up, bathroom break, refill water bottles, etc.

9:30 **Video**—Holy Spirit/Catholic Central
<https://www.youtube.com/watch?v=iUFdHxBXM44>

9:45 **Witness Talk**—How has the Holy Spirit impacted my life?

10:00 **Nature Break**—Walk outside. Find a symbol representing your image of God...a rock, leaf, stick, pine cone, etc. (do not pick flowers or break off leaves/branches). If you can't pick it up and bring it with you, make sure you have a good picture/image of it in your mind. It could be a tree, a pond, a bird, a view of a mountain or the Sound, etc.

10:15 **Reflection**—Journal: How am I feeling right now? What anxiety or questions or concerns have arisen? What assurances, excitement, and answers do I have now? How does the symbol I chose represent God? Why did I choose this symbol?

10:30 **Small Group**—Share your thoughts and feelings from this morning. What caught you by surprise? What inspired you? What experience/reflection left you wanting more time? Are there new or deeper questions that you have? Share your symbol.

10:50 **Game**—choose from the list

11:10 **Break**

11:20 **Video**—Confirmation/Catholic Central <https://www.youtube.com/watch?v=1v-FL07bcTE>

11:30 **Large Group**—process the information from the video. What was new information? What questions arose? Are you excited, anxious, or ?? regarding becoming confirmed? What ministries/service do you want to do in/with the church once confirmed such as Eucharistic Minister, Acolyte, Lector, Parish Council member, Catechist, etc.

12:00 **Closing Ritual** (include memento in this prayer)

12:30 **Lunch**—could be eaten prior to leaving, could be snacks to take on the road home or a sack lunch, etc.

1:00 Clean-up and departure