



Types of Retreats

One Day Retreats

Each Day of Prayer combines input from various sources (Scripture, the lives of the Saints, spirituality, and psychology), time for reflection, and sharing with others.

Be-attitudes. God has a plan for our happiness, not only in Heaven but here on earth. Encounter the 8 attitudes essential to living fully God's plan. Review areas of strengths and share ways of overcoming weaknesses.

Celebrations. Our lives are punctuated with events, some ordinary and others extraordinary. Come and explore the seven events which punctuate our spiritual lives and combine the ordinary and the extraordinary—the Sacraments. In the sacraments God comes to meet us and we have the opportunity to encounter him in new ways and celebrate his love.

Connections. How do we connect with God, with others, with society? Evaluate several tools and methods of prayer to discern which might be appropriate for you today.

God's Call; Our Response. Discover God's presence as you examine your past. Learn to find God in all things as you explore your present. Develop a more intimate relationship with God in the future through practical tools for spiritual growth.

Mary, the first Disciple. Mary is known by many titles with numerous appearances and devotions. Rediscover the young woman from Nazareth and how her continuous "yes" to God's will shaped her into the first and most worthy of Jesus' disciples.

The Potter. Examine the ways that the Holy Spirit has uniquely shaped you with gifts for life. Express your personal perspective. Explore how the Spirit might be calling you in the events and circumstances of your life.

Also could be titled "The Holy Spirit" or "Day of Prayer for Confirmation"



Other 1 day Retreats

I Believe/We Believe. Some say they are "opinions"; others say they are revealed by God. Explore the basic beliefs of the Catholic Church and how they are the bedrock of our faith.

Making Moral Decisions. Investigate the basis upon which you make moral decisions. Explore a process which respects your uniqueness while helping you discover God's plan for your life.

Making a Start. Whether you are just starting, starting again, or starting over after a crisis, God gives us spiritual support to renew our lives and learn to face our failures, our fears and our need for forgiveness.

Our Father. Meditate upon the prayer which Jesus gave us and discover its implications for our lives.

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