

Sample Retreat Schedule

Arlington Diocese Boys' Leadership Retreat "Seek Sanctity. . . in the footsteps of champions" Hunting Ridge Retreat Center – Sept. 13-15, 2019

Friday

7:30pm	Bus arrives and unpack
8:00	Meet in Cafeteria/ nametags
8:10	Brief announcements: any rules for the weekend/ "housekeeping" items/where restrooms are, etc.
8:15	Icebreakers and Trust Activity
9:30	Talk #1 "Being Called/Fears"
10:00	Leadership Talk and Exercise #1- Communication skills
11:00	Night prayer
12:00	Lights out

Saturday

7:30am	Wake up
8:00	Mass
8:45	Breakfast
9:15	Talk #2 "Don't check your brains at the door"
9:50	Questions and Answers – Faith
10:45	Break
11:00	Talk #3 "Your personal Call and Giftedness"
11:20	Small Groups – Your gifts and what God is calling you to
12:00	Lunch
	Break
1:45	Soda and sugar snacks
2:00	Talk #4 "Freedom and failure"
2:20	Group Examination of Conscience and questions
3:20	Personal Examination
3:30	Confessions w/ personal sharing
5:30	Dinner and Break
6:30	Leadership Talk and Exercise #2
7:00	Adoration explanation
7:15	Adoration and Music
7:45	Witness from youth...mercy in their lives
8:00	Mini talk on Jesus being a Leader
8:15	Leadership skits preparation
8:45	Skits
9:30	Large Group Game/ Free time
10:30	Bonfire/ /Sharing of examples of people that exhibit sanctity
11:00	Night Prayer at Fire
11:30	To cabins

12:00 Lights Out

Sunday

7:30am Wake Up
8:00 Breakfast
8:45 Morning Prayer and Talk #5 “Following Christ”
9:30 Youth Board Discussion
10:00 Stretch Break
10:15 Mini talk on “Resolutions and sending forth”
10:30 Writing resolutions
11:00 Mass
12:00 Lunch / Packing
12:45 Pictures
1:00 Large Group Sharing
2:00 Bus departing

Editor’s Note: It is important to recognize that retreats should follow a theological pattern, and not just be a hodge-podge of talks and activities. Most major national retreat programs follow a pattern of “dying with Christ and then rising with Christ”, and are often based in the Spiritual Exercises of St. Ignatius of Loyola. Here is another typical pattern for a retreat:

- Break down barriers and discuss fears or anxieties that we bring to retreat. Build the sense of community on the retreat and with the larger Church.
- God created all of us out of love, and gave us each gifts and talents.
- God provides for us in all our needs.
- We fail to always return that love and fall into sin.
- Opportunity for Confession
- God is merciful, and always gives us a second chance. *Ideal opportunity for Mass*
- Obstacles in our lives which keep us from the Lord, conversion is the process of removing those obstacles.
- Create concrete resolutions to follow after retreat.
- Sending forth...go and be “Fishers of Men”