

SAMPLE RETREAT PLANNING GUIDES (4 hours)

Including Mass:

- I. Opening Prayer/Reflection
- II. Statement of goals and outline of the day
- III. Content
 - a. Presentation (15-20min)
 - b. Small group discussion (15-20min)
 - c. Large group share (10-15min)
- IV. Break (prepare for Mass – no food)
- V. Mass
- VI. Lunch
- VII. Content
 - a. Presentation (15-20min)
 - b. Small group discussion (15-20min)
 - c. Large group share (10-15min)
- VIII. Group Activity
 - a. 3-2-1 Reflection
 - i. 3 - Key points or takeaways.
 - ii. 2 - Questions you still have.
 - iii. 1 - Way you would like to continue to grow on your faith journey.
- IX. Final Reflection and Prayer

Schedule without Mass

- I. Opening Prayer/Reflection
- II. Statement of goals and outline of the day
- III. Content
 - a. Presentation (15-20min)
 - b. Small group discussion (15-20min)
 - c. Large group share (10-15min)
- IV. Break
- V. Meditation Activity(s) (30-45min)
 - a. Lectio Divina
 - b. Group Rosary
 - c. Individual prayer journaling
 - d. Reflection with music
 - e. Prayer Walk
- VI. Large Group sharing (5-10min)
- VII. Break/Lunch
- VIII. Content
 - a. Presentation (15-20min)
 - b. Small group discussion (15-20min)
 - c. Large group share (10-15min)
- IX. Group Activity
 - a. 3-2-1 Reflection
 - i. 3 - Key points or takeaways.
 - ii. 2 - Questions you still have.
 - iii. 1 - Way you would like to continue to grow on your faith journey.
- X. Final Reflection and Prayer

Notes:

- ❖ This format is for suggested use only; other formats, times, activities, or retreat plans may be approved by the Catholic Schools Office upon submission of the Catechetical Certification Program Pre-Approval Form.
- ❖ It is recommended to include Mass in the Retreat Day, which could take place at any point during the day and would be part of the formation hours of the retreat.
- ❖ Ice breakers, breakfast/lunch, breaks, and similar activities can be included in the day, but are not considered formation hours.