**TEAMS OF OUR LADY RETREAT**

**[Date]**

**Our Spiritual Journeys**

**FRIDAY**

* *Gather and Social*
* 6:00 Dinner: **Name**
* **(**Highs and Lows)
* 7:30 Welcome/Prayer/Opening: **Name**
* 8:30 **Session 1: Couple Name**
* 9:30 *Free Time*
* 11:00 **Silence begins**

**SATURDAY**

* 7:00 **Silence ends**
* 8:00 Breakfast: **Name**
* (Table Questions)
* 9:00 Morning Prayer: **Name**
* 9:15 **Session 2: Couple Name**
* Break
* 10:30 **Session 3: Couple Name**
* Break
* 12:15 Lunch: **Name**
* (Table Questions)
* 1:00 *Free Time*
* 2:30 **Session 4: Couple Name**
* Break
* 3:45 **Session 5: Couple Name**
* 5:00 *Free Time*
* 6:00 Dinner: **Name**
* (Table Questions)
* 7:30 **Session 6: Couple Name**
* 8:30 Evening Prayer: **Name**
* 9:30 *Game Night/Free Time*
* 11:00 **Silence begins**

**SUNDAY**

* 7:00 **Silence ends**
* 8:00 Breakfast: **Name**
* 8:45 Morning Prayer: **Name**
* 9:00 **Session 7: Couple Name**
* 10:15 Closing Prayer: **Name**
* 10:30 Clean up/Pack up
* 12:00 Depart

**Retreat Silence:**

The schedule reflects silence; however, we did not have silence on this retreat. Since it was a “get to know you” retreat, silence was not observed in order to allow us to have conversations with each other through out the weekend.

**Retreat Theme**

**Our Spiritual Journeys**

This is a retreat that helps us get to know each other better. We each share our spiritual journeys from childhood to where we are today. We use the following rubric in preparation:

Any method or medium is perfectly appropriate: power points, posters, written notes, outlines, etc.  Everyone loves pictures!

Time allotment: 30 minutes

The timekeeper will flash 5 minutes left, 2 minutes, and time is up!

**Objective:** To convey the origins, progression, and current state of your spiritual journey.

Outline option;

1. Childhood Experiences
   1. Influences of Faith or absence of Faith
2. Adolescence
   1. Was God a part of your life?
3. Young Adulthood
   1. How did I practice my Faith at this time?
4. Courtship/Marriage
   1. How did marriage impact my Faith life?
5. Family Life
   1. Who were my Spiritual influences?
   2. How did and do I draw closer to Christ?
   3. What am I involved with that draws me to Jesus?
6. The 4th Quarter - Retirement
   1. How do I continue to use the gifts God has given me?

Link to PowerPoint Slides. . ..

**Table Questions** were used during meals. The questions were prepared ahead of time, cut and put into a bowl. The bowl was passed around during the meal. Each person took a question from the bowl and answered it. The following questions are samples. Feel free to come up with your own.

**Sample Table Questions to Contemplate….**

If you could spend 3 days alone at home, unplugged from the phone, tv, and computer, how would you spend your time?

Describe your idea of a perfect vacation.  Where would you want to go?

What is the best movie you have ever seen?  What was the worst movie you ever have seen?  What was the first movie you remember watching as a child?

What is your favorite song on the radio?  In what ways does music affect you?

If you could have superpowers, what would they be?  Who is your favorite superhero?

What book or movie describes your life?  What actor or actress would play “you” in a movie about your life?

What is the best Christmas or birthday gift you ever received?  That you have ever given?

What is the best pet you have ever had?  What kind of animal makes the most ideal pet?

What is your favorite season?  What do you enjoy about it the most?

How did your family celebrate the holidays?  What tradition meant the most to you?  What traditions would you like to start in your family?

If you could pick up and move to any location in the world, where would you like to go?

When you are feeling stressed, what helps you relax and unwind the most?  What gives you peace of mind?

Describe one of your most embarrassing moments from childhood.  As an adult?

If you could meet anyone from history, who would it be and what questions would you ask them?

What is your favorite story or person in the Bible?  Why?