

THE “OUR FATHER” CONFIRMATION RETREAT

GENERAL INFORMATION AND INSTRUCTIONS

FOR THE D/CRE AND RETREAT LEADERS

General Information:

This retreat is divided by the petitions of the Our Father. Each petition has presentations, prayer and activities. The film is approximately 1 hour and 40 minutes which does not include times for prayer/reflection, discussion, ice-breakers and activities. The D/CRE is responsible for creating the overall schedule and securing a Retreat Leader. See p. 5 (sections 2 & 3) for characteristics of an effective retreat leader. The retreat can be done virtually as an individual or group; or as an in-person group retreat.

- See page 5 for instructions for virtual individual retreat, virtual group and in-person group retreats.
- See pages 6-8 for “Energy Activities.” This section includes virtual and in-person activities.

General Recommendations for the Retreat Leader:

- Be open to God’s grace, mindful of God’s presence
- Bring Retreatant Handout with Prayer and Questions which is posted as a separate document on the Office for Catechetical Formation website.
- As part of your opening statement to retreatants, outline the retreat expectations, behaviors, participation, etc.
- Engage in active listening to guide retreatants during discussions and to elicit good responses.
- For virtual group retreats, state the following at the beginning of the retreat:
 - ✓ Screen is on and remains on throughout the retreat.
 - ✓ Mute unless called upon.
 - ✓ Retreatants must log in under their first and last name.
- Use Ice Breakers to open the retreat for group virtual or in-person group retreats.
 - ✓ Decide on small or large group activity. N.B.: two ice breakers may be needed if the group is too small. See below for samples.
 - ✓ Retreat Leader instructs retreatants about the protocol.
 - + Say their name and a word that describes you beginning with the first letter of your first name.
 - + Say your name and tell everyone two truths and a lie. Everyone has to guess the lie.
 - + Say your name and a place that you would like to visit.
 - + Say your name and choose a superpower that you would like to have. Why?
 - + Say your name and what would be your ultimate meal?
- Video Presentations for Virtual Group or In-person group Retreats:
 - ✓ The viewing of the virtual presentations can be done in small or large group settings.
 - ✓ Reflection, discussion and activities: it is recommended that these elements of the retreat be done in small groups with small group leaders. *Reminder: for virtual, two adults who meet the Archdiocesan safe environment standards must be present.*

THE RETREAT

I. OUR FATHER, WHO ART IN HEAVEN, HALLOWED BE THY NAME

- Dan Tarrant: *Personal Relationship*
 - ✓ **Intercession from your heart:** I believe, God, that you are one and you want to be my close friend. I ask for the gift to not need to figure you out and to have a distinct
 - ✓ **Reflection Question:** What does it mean that God the Father Loves you?

- Mark Gomba: *God the Father*
 - ✓ **Intercession from your heart:** Loving Father, help me to always know and experience your love, protection, and guidance. Teach me your commands. Help me to be you beloved daughter/son. I know that you know me very well. Help me to know you.
 - ✓ **Reflection Questions:**
 1. Name the people in your life who reflect God the Father to you? How do they do that?
 2. What must I do to always see myself as a beloved daughter or beloved son?
- *Pause Video for Energy Activity*

II. THY KINGDOM COME

- Richara Krajewski : *The Mass*
 - ✓ **Intercession from your heart:** God help me to know you, love you and serve you always. Help me to know you at the Mass, and from Mass show me what is real. Teach me how much you love me. Teach me who I am, and how to live, to love, and to be human. Amen
 - ✓ **Reflection Questions:**
 1. How does the Mass help us to know God, love God, and serve God?
 2. Jesus in present through the Eucharist, the Word of God, the priest, and the Baptized community. What ways have you already experienced Jesus at the Mass?
- *Pause Video for Energy Activity*

III. THY WILL BE DONE, ON EARTH AS IT IS IN HEAVEN.

- Ryan Nguyen: *Remember who you are and discernment*
 - ✓ **Intercession from your heart:** Father, may I always remember who I am as your beloved son /daughter. Help me to be like You both in this life and for all Eternity.
 - ✓ **Reflection Question:** How does it make you feel to be a royal Son/Daughter of God the Father?

- Sr. Marianne Theresa Lallone, IHM: ***Vocation***
 - ✓ **Intercession from your heart:** Father, help me to imitate Jesus your Son in always doing your will. Holy Spirit help me to know the Father's plan for my life and give me the strength to do that plan. Amen
 - ✓ **Reflection Questions:** A vocation is a call from God. What call do you believe God is inviting you to discern?
- Edwin Garcia: ***Following Jesus***
 - ✓ **Intercession from your heart:** Holy Spirit, help me to desire to always do what the Father wants me to do. Help me to desire to know that the Father's plan is for my life and in what mission he wants me to engage. Give me the courage to do that plan. Amen.
 - ✓ **Reflection Question:** Why is it hard to do God's will?
- ***Pause Video for Energy Activity***

IV. **GIVE US THIS DAY OUR DAILY BREAD.**

- Mother Incarnation: ***God provides***
 - ✓ **Intercession from your heart:** Heavenly Father, I know you love me. Help me to trust that you will always take care of all my needs.
 - ✓ **Reflection Questions:**
 1. What is the difference between what I need and what I want?
 2. What is the list of things that I want? What is a list of things that I need?
- Joshua Brooks: ***Who is Jesus?***
 - ✓ **Intercession from your heart:** Jesus my messiah, my friend, my Lord, thank you for saving me. You gave your life on the Cross for me to save me from sin and death, In response I give myself to you. Jesus I give you my life, my heart, and all that I am. I choose to be your follower. Amen
 - ✓ **Reflection Questions:**
 1. Who do you say that Jesus is for you? Do you believe he is your friend?
 2. Are you allowing "The Jesus Effect" to overcome sin in your life?
- Mckenzie Haley: ***Anointing***
 - ✓ **Intercession from your heart:** Father I believe, "I can do all things through Christ who strengthens me. (Phil 4:13)" Stir in me your Holy Spirit so I will have the strength and knowledge to do all that you ask of me. Amen.
 - ✓ **Reflection Question:** Small groups
 1. Mckenzie prays to the Holy Spirit to help her take a test. When do you ask for the help of the Holy Spirit?
 2. The wooden skewers can normally pop a balloon. However, when covered with olive oil, they are no longer effective. You are anointed with the Holy Spirit. Make the connection with the skewers and the protection that the Holy Spirit gives you.
- ***Pause Video for Energy Activity***

V. **AND FORGIVE US OUR TRESPASSES, AS WE FORGIVE THOSE WHO TRESPASS AGAINST US.**

- Meghan Mohan: *Forgiveness*
 - ✓ **Intercession from your heart:** Father, as you are merciful and forgive us in the ways we offend you, help me to be a child who is just like you and forgive others. This is not easy but with your Son, Jesus' help I can do it. In the Name of Jesus help me to forgive every person for every way they have offended me.
 - ✓ **Reflection Questions:**
 1. Are you afraid of Confession or have you experienced the power and love of God in the Sacrament of Confession?
 2. Who do you need to forgive? How can God's grace help you to forgive them?
- Peter Strauffer: *Confession*
 - ✓ **Intercession from your heart:** Jesus, help our friendship to always be my top priority. Help me to constantly improve our relationship by my repenting from sin. Give me the grace to always keep the Sacrament of Reconciliation a part of my life.
 - ✓ **Reflection Questions:**
 1. Why is the Sacrament Confession so important?
 2. How does the Sacrament of Confession help you in your friendship with Jesus?
- *Pause Video for Energy Activity*

VI. **AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL. AMEN**

- Dan Tarrant: *Universal Call to Holiness*
 - ✓ **Intercession from your heart Heavenly** Father help me to be holy as you are holy. Help me to imitate the life of Jesus. Help me to be animated by the gift of you Holy Spirit. Help me to fully live my Catholic faith and help me to be a saint.
 - ✓ **Reflection Questions:**
 1. How have you allowed God into your life?
 2. What are other ways you want God to be a part of your life?

Bonus Reflection Material: Tom Nordeman, Jr. <https://youtu.be/BatKXAfQ7xk>

Confirmation Retreat Options

1) **Individual Retreat: The retreatant does this retreat privately in his or her home**

Retreatants can engage this retreat in the comfort of their own home, however, will need the assistance of a parent/guardian. The retreatant uses the “Retreatant Handout” which includes prayer, reflection questions and activities must be included. The Director/Coordinator of Religious Education (D/CRE) also:

- Provides a copy or the link to the retreatant handout and schedule of times for each activity, etc.
- Explains the spiritual dimension of a retreat as preparation for the reception of the Sacrament of Confirmation.
- Encourages prayer from the heart.
- Outlines expectations, assignments, due dates, etc. for retreatant.
- Gives instructions regarding assignments and submission of work.

2) **Synchronous Group Retreat: The students meet on a Zoom Meeting or another online platform.**

The Retreat Leader is critical for the effectiveness of a “virtual” retreat. This role is more than that of an “MC.” Therefore, the Director/Coordinator of Religious Education (D/CRE) should engage a retreat leader who is:

- Energetic and has a dynamic personality who can motivate teen activity, yet control behavior.
- Spiritual and can lead teens in prayer.
- A “virtual” manager who is comfortable with technology, synchronous catechesis, follows a schedule.
- One who can elicit retreatant responses via this medium.
- In compliance with the Archdiocesan Safe Environment policy for training and clearances.

The D/CRE can also use a team approach for the retreat. Some recommendations for team members are:

- Technology a “behind the scenes” person, particularly for virtual small groups;
- Discussion Leaders for Small Groups: leaders who can engage students effectively in small group discussion, prayer and activities;
- Time Keeper: a teen or adult who can keep the retreat on schedule.

N.B.: Safe Environment Policy dictates that two adults who are in compliance with the Archdiocesan Safe Environment policy are present when meeting virtually with minors. This includes small and large group modes.

The D/CRE must also:

- Communicates to and have parents/guardians sign off on the protocols for retreatant participation.
- Explains the spiritual dimension of a retreat as preparation for the reception of the Sacrament of Confirmation.
- Outlines expectations, assignments, due dates, etc. for retreatant accountability.
- Gives instructions regarding the retreat schedule, assignments and submission of work.

3) **In-person Group Retreats**

When gathering in small or (eventually) large group, the D/CRE needs to:

- Create a retreat schedule.
- Form a retreat team for planning (retreat leader, small group leaders, technology, etc.) Refer to Section 2 for specific recommendations.
- Ensure that the location has proper technology and equipment.
- Communicate retreatant and parent responsibilities prior to the retreat program.
- Follow all Archdiocesan safe environment policies.

***Suggested Virtual Energy Activities**

Would You Rather

Retreatants should be at least two feet away from the camera for this game.

Everyone has the opportunity to choose their preference. Give a choice- e.g. Ice Cream or cake. Ask the retreatants who prefer ice cream to stand. Those who prefer cake will remain seated. Continue to give other choices for example: beach or mountains, Netflix or Hulu, Chick-fil-A or Wendy's, Basketball or football, etc.

Show and tell

Give them time to find an object that has significance it can be funny or sentimental. This will cause them to physically move. Give everyone a chance to share what they found.

Scavenger Hunt

The students have to go and find the following: (if they knock over their mom they lose) Siblings work as teams Please add or take away as needed:

1. A baby photo
2. A wooden spoon
3. George Washington's image
4. A baby's toy
5. The biggest book you can find (longest page count wins!)
6. Your favorite mug
7. Something that reminds you of your parents
8. Something that starts with the first letter of your name
9. A foreign coin
10. The softest thing you own
11. Something with buttons on it
12. Something that floats
13. Something that sinks
14. Toilet paper
15. A shell
16. Something that lights up
17. Something smaller than your fingernail

Charades

It is fun to have guys verse girls. Pick an outgoing guy and girl who have to act out the charade. The MC sends them a private message for what they should act out.

1. Landing and Airplane
2. Mowing a lawn
3. Flying a kite
4. Feeding Ducks
5. Riding a Roller coaster
6. Building a sandcastle
7. Morning alone
8. Setting up a tent
9. Delivering Mail
10. Planning an airplane
11. Raking leaves
12. Playing baseball
13. Making a pizza
14. Find a kite
15. Milking a cow
16. Feeding the ducks
17. Riding a motorcycle
18. Building a campfire
19. Going bowling
20. Dancing a ballet

Rock, Paper Scissors

The MC lines up who goes against each other. Those who are playing have to stand two feet away from their computer. (Rock beats scissors, scissors beat, paper, and paper beats rock.)

*Suggested In-Person Group Retreat Energy Activities

Would You Rather

Retreatants should be at least two feet away from the camera for this game.

Everyone has the opportunity to choose their preference. Give a choice- e.g. Ice Cream or cake. Ask the retreatants who prefer ice cream to stand. Those who prefer cake will remain seated. Continue to give other choices for example: beach or mountains, Netflix or Hulu, Chick-fil-A or Wendy's, Basketball or football, etc.

Rock, Paper, Scissors

The Clap Game

A facilitator will stand in front of entire group with left hand out palm up. The right hand will be face down. Facilitator will move right hand from one side to the other crossing over his left hand. Players clap only when the hands cross. If they don't clap when the hands cross they are out. If the facilitator stops his hand before the hands cross and the players do clap they are out. Players only clap when the hands cross. Try to do multiple rounds.

Simon Says

One person is the leader and calls out the actions. Everyone else must follow the leader and do the action, but only when Simon says. Then the leader must try and get everyone to do an action without saying Simon says. If someone does the action and the leader did not say Simon says, that person is out of the game. The leader can try to make things more difficult by speeding up the pace of calling out the actions.

You have mail (For 30 or less)

This game requires everyone to sit on seats in a circle. The number of chairs is one less than the total number of participants. The person who does not have a chair begins with a statement such as: "I've got mail for everyone who likes Basketball" Everyone who likes Basketball then needs to move to a chair that is not immediately next to the chair where they are seated. One person will not have a chair and they start the next round of "I've got mail..."

My Bonnie: The game uses the song "My Bonnie Lies Over The Ocean".

If the group starts the game seated, they will have to stand up when a word starting with the letter B is sung. The next time the 'B-word' is mentioned, the group will sit down.

The lyrics: *my Bonnie lies over the ocean, my Bonnie lies over the sea, my Bonnie lies over the ocean, oh Bring Back my Bonnie to me. Bring Back, Bring Back, oh Bring Back my Bonnie to me, to me Bring Back, Bring Back oh Bring Back my Bonnie to me.*

**The D/CRE or Retreat Leader may use other ice breakers which may be familiar or appropriate for the group of retreatants.*