

# Retreats

## What is the Purpose of a Retreat

A retreat offers an opportunity to foster a deeper prayer life that allows a person to feel consoled, strengthened and spiritually new. It is a time to draw closer to the Lord through a quiet and restful atmosphere. It is a time to fully enter into personal prayer, personal reflection and community prayer.

## Why Go on a Retreat

Retreats are an ancient practice. Scripture tells about Jesus retreating to the desert (Matthew 4:1-11), and how the disciples are called to “Come away” (Mark 6:31-32). Various saints have shown the importance of retreats, e.g., Ignatius. A retreat allows rest and an opportunity to slow down, re-examine priorities, and for spiritual counseling.

## What are the Requirements

### Off-site Location

Participants need to be away from their usual work environment to help them focus on the real reason for attending the retreat – the ability to draw closer to God.

### Minimum of Eight Hours in Duration

A retreat must be at least eight hours in duration.

### Mass Available During the Retreat

Mass must be available at least once during a retreat.

### Sacrament of Reconciliation Available

The opportunity to receive the Sacrament of Reconciliation must be made available to all retreat participants during the retreat.

### Reflection or Presentation by an Approved Speaker

Diocesan staff should be consulted regarding the selection of a presenter.

### Time for Solitary Prayer and Rest

Each retreat should include time for participants to be by themselves to pray, reflect, and rest.

### Participation without Distractions

Care should be taken to assure that each retreatant is able to participate with no distractions. Participants should not be asked to take on responsibilities for the retreat itself and should refrain from networking among peers; cell phone usage, etc.

## Retreat Checklist

A Retreat Checklist is available for individuals to use to determine if a retreat meets the FED requirements before committing to the retreat – especially those held outside the Diocese of Superior. Retreat organizers should be consulted if anything on the checklist needs to be clarified.

## Retreat Requirement Form

The Retreat Requirement form is the means to document participation in a retreat to meet FED Foundational requirements. It requires the signatures of the participant and the retreat organizer. Parish retreat organizers should have these prepared and available to participants.

Those attending a retreat not connected with a Diocese of Superior parish should bring a copy of this document to the retreat to obtain the appropriate signature.