What is a retreat?
Intentional time set aside to listen to God.
“[Jesus] said to them, “Come away by yourselves to a deserted place and rest a while.” (Mark 6:31, NABRE)
“a quiet or secluded place in which one can rest and relax” (Oxford Languages)
Syn: refuge, haven, sanctuary, hiding place, shelter, lair, nest.

Reasons for a retreat:
• Prayer
• Encounter with Jesus
• Teambuilding/unity
• Learning
• Goal setting
• Problem solving

Benefits of a retreat:
• Learn more about God
• Learn more about yourself
• Grow in community
• Encounter peace and stillness, away from the distractions and busyness of everyday life
• Experience the beauty of creation

Ideas for a retreat
Home
• Create an intentional, sacred space
• Remove ‘worldly’ distractions such as technology or task lists
• Light candles or dim lights
• Allow space for silence
• Focus on a scripture passage
• Read, Journal, Reflect

Organizations
• Camp Tekakwitha
• Catholic Youth Expeditions (CYE)
• SPIRITUS
• Shrine of Our Lady of Good Help
• Norbertine Center for Spirituality
• Wynncliff
• Jesuit Retreat House
Retreats Crossword Puzzle

Across
1. You can go on retreat _________ or in a group.
3. A retreat helps us grow in relationship with God the Father, His Son, __________, and the Holy Spirit.
5. A book of God’s Word, that would be beneficial to have while on retreat.
7. An absence of noise - necessary for hearing God.
8. What God gives us sometimes after we ask questions in prayer
10. Communication with God on retreat.
11. Something that should be put away during a retreat for less distractions.

Down
2. Retreats can be inside or __________.
4. “Come to me all who worry and I will give you __________.” Matthew 11:28
6. Intentional time set aside to pray and listen to God.
9. An inner feeling that everything will be okay.

The Compass in the Classroom | February 2023 | Retreats
Use this sheet of paper, a Bible and other resources.

Where am I going to experience my retreat?
______________________________________________________

Why am I going on a retreat?
______________________________________________________

What am I going to focus on?
______________________________________________________

What resources do I need to bring?
______________________________________________________

Am I going alone, or are others going with me?
______________________________________________________

Jot down your notes, thoughts and ideas that you feel Jesus is telling you. What blessings are you thankful for?

Notes:

Thoughts:

Ideas:

Blessings: