

Confirmation Retreat Planning

- Sherry McCall Ross

A retreat can be an excellent addition to a Confirmation preparation program. A good retreat experience will allow young people time to reflect on their relationship with God, the community, and themselves. A balance of prayer, play, food, and fellowship provides the opportunity to step away from the routine of daily life and focus on rest and renewal.

The following two retreat planning resources are useful:

1) A Guide to Planning Exciting and Effective Youth Retreat

This is a very practical step-by-step guide to building a retreat from the ground up. It is extremely user friendly! Available from the American Bible Society 1-800-322-4253, www.bibles.com.

2) Time Out! Resource for Teen Retreat by Kieran Sawyer

This resource provides more than 60 “capsules” of youth ministry experience. A capsule is a detailed explanation of how to do a specific activity – prayer service, faith-sharing process, input talk, reflection exercise, scripture study, art project, community building activity or game. The capsules are like building blocks – they can be used singly or in combinations to fit your particular needs. Produced by Ave Maria Press, available via Amazon.com.

These two resources other youth ministry materials, and the following articles and other lists and suggestions are available at our diocesan Resource Center:

- 1) Planning a Spiritual Student Retreat (getting started)
- 2) Retreat Facilities: Ten Steps to Finding the Right One
- 3) Retreat Planning Checklist
- 4) Beyond Confirmation: Tips for keeping Youth as Part of the Church (from the Diocese of Maine)