

Helpful Hints Regarding the One-Day Retreat



WHO: An individual, small group, or parish community. Although using these meditations for a one-day retreat, as an individual is much easier, we encourage you to gather your family, or friends, small faith community

(for example Knights of Columbus Council, women's group, Fourth Day Group, Bible study group, etc.) or a gathering for your whole parish community. Share this on social media, with your adult children, or friends and relatives who may not have otherwise heard about this.

WHEN:

A baptized Catholic can receive one plenary indulgence a day, To gain the indulgence one need only participate in a day retreat that includes one meditation on St. Joseph. If you are involved in another retreat, for example a Confirmation retreat, you may include one of the 6 meditations during your day retreat.

There are 6 meditations in this resource ranging from about 15 minutes to almost 25 minutes. There are 2-3 reflection questions accompanying each video meditation. If listening to these alone plan on 10-15 minutes for the reflections. If participating in this retreat with a group one may need to double the time for reflection and discussion. In this case, one may not be able to listen to all 6 meditations. Therefore before the retreat take a poll as to which meditations you will want to include. The others may be saved for another retreat.

Plan your retreat for a day when you can receive the Eucharist. If your parish has Mass in the morning invite all participants to attend the morning Mass together. If your parish has an evening Mass arrange your retreat to conclude with Mass.

Mark your calendars for three weeks prior to the retreat and three weeks following the retreat. Alert the participants to do the same. This is your window of time to receive a sacramental confession. If you are planning this as a parish retreat ask your parish priest if he could be available to hear the retreatants confessions.

Be sure to plan a time in your retreat, in which all participants say a prayer for the intentions of the Holy Father. These usually include the Our father, Hail Mary and Glory Be. While you are at it say a prayer asking God to free you from the attachment of sin.

If you are planning this retreat for a small group, for example, family or friends, you may wish to consider going away to a cabin or vacation home. Perhaps the men can go away one weekend and then the women go another weekend.

HOW:

When planning a retreat that will involve others – either small groups or a parish community, be sure to make a timeline. Plan for which talks and reflections will be scheduled when. Plan for meal times and breaks. Share the timeline with the participants at the beginning of the retreat. As much as possible be faithful to your timeline.

If you are planning this retreat for a small group you may consider hosting it yourself, but to minimize the expense and effort plan on asking your participants to share in the work. Start your retreat with a continental breakfast of pastries, fruit, breakfast casseroles, etc. This can be a potluck affair. During this breakfast the participants will be able to visit. This will make it easier for them to listen when the video meditations are played.

As for lunch, you may ask each participant to bring a sack lunch. However, a common shared lunch is always enjoyable. You can ask each participant to bring an item to contribute to a shared meal. For example, you can plan on making a Crockpot Taco Soup. Each participant is given one or two specific items to bring. For example, a can of beans corn, tomatoes, ,, When each participant arrives these are added to the crockpot. The crockpot is turned on high and the soup cooks until lunch. (Carol, add link to a recipe here.) You may also ask for participants to bring snacks to share or their own individual drinks.

Helpful Hints Regarding the Meditation on the Our Father

WHO: An individual, small group, or parish community.

Although using this meditation, as an individual is much easier, we encourage you to gather your family, or friends, small faith community (for example Knights of Columbus Council, women's group, Fourth Day Group, Bible study group, etc.) or a gathering for your whole parish community. Share this on social media, with your adult children, or friends and relatives who may not have otherwise heard about this.

WHEN:

A baptized Catholic can gain one plenary indulgence a day. In order to receive a plenary indulgence plan this meditation for a day in which you and your invited guests will be receiving the Eucharist. When arranging for viewing this video mark your calendar and alert your invited guests to mark their calendars three weeks prior to the event and three weeks following the event. During this time period receive a sacramental confession.

HOW:

When inviting others make this a social occasion. If you plan this for the evening invite participants for dinner or dessert or whatever meal or refreshments is appropriate for the time of day you plan to have this gathering. Before or after watching the video together pray for the intentions of the Holy Father. This generally includes the Our Father, Hail Mary, and Glory Be. While you are at it include a prayer asking God to free you from the attachment of all sin.