



## Frequently Asked Questions (FAQs)

### **What is an ACTS Retreat?**

An ACTS retreat is a three day and three night Catholic lay retreat presented by fellow parishioners. The retreat begins on Thursday evening and ends the following Sunday at a Mass celebrated with the parish community. Retreats for men, women and teens are given separately. Talks and activities during the retreat focus on Adoration, Community, Theology, and Service, from which the ACTS acronym is derived. Holy Scripture and the teachings of the Roman Catholic Church are the guides for the retreats. The retreat takes on the traditions and atmosphere of the parish community sponsoring it. The retreat itself facilitates the attainment of a new or deeper relationship with our Lord through: Adoration - the call by, acceptance of, and response to God Community - the love and caring of each other Theology - the study of God through scripture and the Catholic Faith Service - to God, his people and the parish faith community. Each retreat is conducted by a retreat "team" composed of ~ 36 individuals who have attended prior ACTS retreats. Chosen by the retreat Director, the team organizes the retreat, conducts the retreat talks and activities, and ministers to the needs of the retreatants during the retreat weekend.

### **What is the purpose of an ACTS retreat?**

An ACTS weekend is designed to help the retreatants enter into a new or deeper relationship with our Lord and our fellow parishioners. This is accomplished through fellowship and daily prayer, the call to community in one's parish as a member of the Body of Christ, and theology in encouraging the study of scripture and our Catholic Faith. All of these actions encourage the virtue of service to our Lord, our parish, and one another.

### **What is the goal of an ACTS retreat?**

A parish ACTS retreat strives to achieve the directives of Vatican II and goals of the Revised Code of Canon Law of 1983 which emphasize "community and pastoral care" within a parish. The weekend allows the retreatants to experience God's love and joy. They return to their parish with a deeper love for each other and a desire to become more involved in their parish faith community.

### **Why attend an ACTS retreat?**

The weekend can be a powerful and enduring personal conversion experience. Talks, which draw from the personal experiences of team members, focus on Adoration, the need for prayer and meditation on the word of God; Community, the importance of community built on faith and love; Theology, the need to read and understand scripture and our Catholic Faith; and Service, the need to answer Christ's call to service. Activities conducted during the weekend give retreatants a better understanding of the significance and importance of prayer, liturgy, the sacraments, scripture, community, and service.

It is a powerful community building experience for a parish. The ACTS weekend brings the retreatants to a better understanding of God's love for them, and also develops their need to share that love with others through their involvement in a faith-centered parish community. The retreat emphasizes our call to serve our parish community and the greater world community. Frequently the retreatant experiences a new or renewed dedication to the life of the parish community and a new recognition of the needs of those around us and of our obligation, as followers of Christ, to help meet those needs.

### **Who can attend an ACTS retreat?**

ACTS retreats are open to all Christians. While ACTS is a Catholic retreat, it is open to other Christians who are open to learning about the Roman Catholic faith.