Young Adult Retreat
Developed by the Office of Evangelization and Catechesis
Diocese of San Angelo

Goal: To provide young adults an opportunity to explore and connect their faith to topics that affect their everyday life. To allow participants to engage in prayer, reflection, and conversation.

Note to Retreat Facilitators: This retreat can be done in-person or virtually. If possible, participants should be provided opportunities and encouraged to share their reflections and thoughts with others. Sharing can be done face-to-face in a small group or may be done in a virtual group meeting (using a platform such as Zoom) with other young adults. Please read through the outline below to note the sections that you might want to encourage small-group or virtual group sharing.

For the Young Adult Participant: As much as possible, try to create a prayerful environment in which to experience this retreat. Limit distractions from family, TV, or your phone. Create a prayer space with a crucifix, candles, or other holy objects or images. If it is helpful, play instrumental or other reflective music to help you focus. Work through the activities in order, at a slow, reflective pace. Do not rush.

Gathering and Entrance into Prayer: Prepare your heart and mind for this time by listening to this adapted version of the Litany of Humility by Danielle Rose.
https://www.youtube.com/watch?v=zCacRoKtVZs (4:04)

Then, pray the following:
Jesus, you invited the apostles to come away with you to a deserted place and rest a while. Like your apostles, enable us to experience You on retreat. May we come to better know ourselves, to draw closer to you, and to be of better service to our brothers and sisters in the Church. Help us to listen attentively, to ponder prayerfully, to respond generously, and to benefit from solitude and peace. Through the intercession of Mary, Mother of Sorrows, may we leave our retreat better able to follow your footsteps in all the opportunities and challenges of life. Amen.

Thinking About the Time Ahead: Take some time to reflect on or discuss the following questions. Be as open and honest as you can. No answer is wrong.
1. Where in your daily routine can you become more aware of God’s presence?
2. How would you like to be remembered? (Your legacy)
3. How do you show Jesus to people who are different than you? What are actual examples from your life?

The Universal Call to Holiness
The Catechism of the Catholic Church tells us “All Christians in any state or walk of life are called to the fullness of Christian life and to the perfection of charity. All are called to holiness” (2013) What does that mean?

Watch this video: https://www.youtube.com/watch?v=4-tGi3uHduE (8:49)

Use these questions for discussion or reflection:
1. What role in your life brings you the greatest joy? What role do you see as most important? What would you need to do to find joy and importance in your role as a son or daughter of God?
2. What do you think when you hear we are all baptized priest, prophet, and king? How do you live these out in your life? What could you do to grow in these roles?
3. In the video, Father references the idea that we all pass off the call to holiness to others we deem “more holy.” Do you do this? Why or why not? How can you more fully embrace your call to be holy?
4. What comes to mind when you hear that baptism is the great equalizer? Have you ever thought in this way before? Why or why not?

Now watch this video: [https://www.youtube.com/watch?v=RsjfLGRPApw](https://www.youtube.com/watch?v=RsjfLGRPApw) (3:55)

Use these questions for discussion or reflection:
1. The call to holiness is about the call to make our lives sacred using the gifts we’ve been given and the circumstances of our lives. What is one thing you can do in your daily life to make it more sacred?
2. Notoriety doesn’t make one more holy. Most of us will never be known outside of our circle of family and friends. How can you use your life and your reach, however big or small, to help others grow in holiness?
3. In the video, Paul reminds us that it is not just about the grand expressions of faith, but we are called to be holy and to be saints in the small ways as well. If you were to be canonized tomorrow, what would you be the patron saint of and why?

**Mental Illness**

Note: This is a sensitive subject and not all participants will be comfortable sharing with others. Allow them the opportunity, but never force somebody to share. You may need to help a participant follow-up with resources or refer them to a professional. If a participant finds this issue triggering, allow them to opt out of this portion of the retreat.

Watch this video: [https://www.youtube.com/watch?v=UPzftuJ2URs](https://www.youtube.com/watch?v=UPzftuJ2URs) (11:04)

Use these questions discussions for reflection or discussion:
1. Mari reminds us God took a day of rest after creation as a model to us. A day of rest and prayer is important to our mental health. Do you observe a day of rest each week? If yes, share the benefits. If no, why not? How can you adjust your schedule to allow a day of rest each week?
2. When Jesus healed, he cared about the entirety of the person. How can we better follow this example and show care for us others’ physical, mental, and spiritual health? Share specific examples.
3. Mari shares that many believe the lie that going to a counselor means we believe God is not enough. Do you know anybody in your life who perpetuates that lie? How can you help them to understand that God works through those professionals?

In the next video, you hear from Kevin Hines. Kevin is one of 39 people to survive jumping off the Golden Gate Bridge. Of the 39, Kevin is one of five that have recovered with full mobility. Trigger warning: he discusses attempting to die by suicide. Some may choose to opt out of this video.

Now watch this video: [https://www.youtube.com/watch?v=aI_7CTy8V3w](https://www.youtube.com/watch?v=aI_7CTy8V3w) (7:07)

Use these questions for discussion or reflection:
1. Kevin often says in his live appearances, “A pain shared is a pain halved.” How can you reach out to others, including those you may not know, to help share their pain?
2. Kevin mentions that he was able to find value, purpose, and worth. Do you struggle with your own value, purpose or worth? Do you know others that struggle with these? How can you help yourself or others find hope?

3. Kevin shares how a sealion helped keep him afloat until the Coast Guard boat arrived. How can we be a sealion in the lives of others—somebody who helps others stay afloat during their hard times?

4. In other talks, Kevin talks about finding purpose in his suffering. As Catholics, we believe suffering serves a purpose. How do you approach trials and suffering in your own life? What steps can you take to find purpose in your suffering?

Snack Break!
Every good retreat needs food! If gathered in-person, allow time for a break, and provide hospitality. If gathered virtually, allow for a break. In the meantime, have a few laughs with these videos:

If Alexa Was Christian https://www.youtube.com/watch?app=desktop&v=d8Z_5AGtsqg (1:31)

Mass Fitness https://www.youtube.com/watch?v=LSSCiU2ciD0 (3:17)

Racism
Note: This is not a political issue and we encourage retreat facilitators to remind the participants that political remarks should not be part of the small group discussion or reflection.

Watch this video: https://www.youtube.com/watch?v=v6uyz2v8Sgg (17:37)

Use these questions for reflection or discussion:
1. Fr. Pierre Toussaint shares in the video that silence is compliance. What are some specific ways your parish, and the Church in general, can be more vocal about the need to be anti-racist?
2. One way to understand and combat the racism that people of color experience is to actively listen to their stories. What are some ways the Church can facilitate the sharing of these stories? How can you encourage those around you to listen without downplaying the person’s experience?
3. Fr. Pierre Toussaint mentions a quote from Kareem Abdul Jabbar. In an article, Mr. Jabbar wrote, “Racism...is like dust in the air. It seems invisible—even if you’re choking on it—until you let the sun in. Then you see it’s everywhere. As long as we keep shining that light, we have a chance of cleaning it wherever it lands.” How can we individually, and as a Church, continue to shine this light to help eradicate racism in all forms?

Discernment: Hearing and Responding to God’s Will
Often times, when we hear the word discernment, we think of vocation and figuring out what God is calling us to in terms of married life, single life, ordained, or religious. The truth is discernment is broader. Discernment describes a wise way of judging between things, of making decisions in light of our faith.

Watch this video: https://www.youtube.com/watch?v=xo2nid6GV0o (11:22)

Use these questions for discussion or reflection:
1. When you hear the word discernment, what do you think of? How would you explain discernment to somebody who is not Catholic?

2. Often we approach discernment as asking God what we should do, and then waiting for an answer. How is discernment more than simply waiting on God? In what ways can you be active during a process of discernment?

3. Fr. Mark-Mary says there are five things we need to take into consideration when discerning: 1.) the Word of God, 2.) Responsibilities/Duties, 3.) Needs, 4.) Desires, and 5.) Capacity. Which of these do you struggle with considering? Which do you consider more important? Why?

Now watch this video: [https://www.youtube.com/watch?v=nD4_ecV9F-Q](https://www.youtube.com/watch?v=nD4_ecV9F-Q) (7:29)

Use these questions for discussion or reflection:

1. Discernment is hearing and responding to the voice of God. How does God speak to you in your life? If you don’t hear the voice of God in your life, what can you do to learn to hear Him better?
2. Fr. Mark-Mary says that we often discern as if God is not going to be with us if we make the wrong decision. Have you ever felt that way? Explain. Have you ever looked back at what you thought was a wrong choice, but saw how God was with you through that choice? Share that story.
3. In the video, Fr. Mark-Mary said that we are to gather information, make a decision, and then trust God. Which of those is the easiest for you? Which is the hardest? Why?

**Closing**

Take a minute or two of silence to reflect on the various aspects of this time together. Where did God speak to you today? What appears to be that next step toward God and with God? How will you be able to take that step?

Then use the following video as part of a closing prayer: [https://www.youtube.com/watch?v=F9ap0DaijY](https://www.youtube.com/watch?v=F9ap0DaijY) (3:50)

Then pray:

Lord, thank you for the gift of faith that you have given us. Help us to trust You more completely each day. Make us mindful of the ways we can share your love with all those around us. Reveal to us the many ways each day you invite us to draw closer to You and become more like You. Help us to see ourselves and others as you see us—completely and wholly loved by You. We pray this as we pray all things—in the name of the Father, and of the Son, and of the Holy Spirit. Amen.