

Diocese of Superior
Forming Effective Disciples

Retreat Checklist

The requirements for the *Forming Effective Disciples* Foundational certification include a retreat. A retreat is a specific time away from daily life that allows an individual to draw closer to God. Through prayer, sacraments, rest and reflective activities, an individual is invited into a deeper or renewed faith.

It is important to understand that while many events are called retreats, some are more accurately categorized a “day of reflection.” As a candidate for Foundational level certification seeking a retreat experience, please use the following checklist to determine if the event in question would qualify as the retreat required by the Forming Effective Disciples program.

Is the location off-site (away from usual daily activity)?	YES NO
Is the retreat a minimum of eight hours in length?	YES NO
Is Mass available during the retreat?	YES NO
Is the sacrament of Reconciliation available during the retreat?	YES NO
Does the event include a reflection or keynote presentation by an approved speaker?	YES NO
Does the event include time for solitary prayer and rest?	YES NO
Will you be able to participate in this retreat without distractions such as, responsibilities for the retreat itself, networking among peers, calls/texts via cell phone, etc.?	YES NO

If the answer to EACH of these questions is “Yes”, then the event would qualify as the required retreat. Any “No” answers disqualifies this retreat.

Retreat attendance needs to be documented on a “Retreat Requirements” form. For retreats sponsored by Diocese of Superior or one of its parishes, leaders are to complete, sign, and make this form available to participants. For retreats outside the Diocese of Superior, the form should be taken to the retreat for completion and signature.

The original Retreat Requirement form should be sent to the Diocese as part of a FED Foundational application. Retreat information will be made part of the FED Foundational transcript.