

Prepared by:  
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## CONFIRMATION RETREAT OFFERINGS

### CUSTOMIZED RETREAT

Program Manager of Earth and Spirit Center will collaborate with the representative of the organization/school to create a custom built retreat.

Program Manager and retreat associates from the Earth and Spirit Center will lead the retreat

Price \$40 per student

### CONFIRMATION RETREAT PACKAGES

Program Manager and retreat associates from the Earth and Spirit Center will lead an already prepared Confirmation retreat

Options:

Creating a Small Christian Community

Gifts of the Holy Spirit

Finding God in Nature and Within

Price \$30 per student

### DETAILS FOR DAY RETREATS

- Time: 8-1, 9-2, 10-3, 11-4, 12-5
- Days: Fridays, Saturdays, Sundays
- Students: 30 – 60 and 2- 4 chaperones
- Lunch: Bring your own lunch and water bottle

Please email [Lori@earthandspiritcenter.org](mailto:Lori@earthandspiritcenter.org) with any questions.

## CONFIRMATION RETREAT PACKAGES

### DETAILS FOR DAY RETREATS

TIME: 8-1, 9-2, 10-3, 11-4, 12-5)

STUDENTS: 30 - 60 AND 2-4 CHAPERONES

LUNCH: BRING YOUR OWN LUNCH AND WATER BOTTLE

PLEASE EMAIL QUESTIONS:

LORI@EARTHANDSPIRITCENTER.ORG

## CREATING A SMALL CHRISTIAN COMMUNITY CREATING EMPATHY AND COMMUNITY

In the earliest days of the church the disciples gathered forming small Christian Communities of faith. They shared their belongings, meals, and stories about Jesus. Together with one faith they formed small Christian communities. This beautiful tradition will continue on this retreat in small groups as we cultivate empathy, and understanding for one another. This retreat will be filled with community building activities, mindful listening, nature walks, introspection, small group reflection, and time serving our Earth side by side. A space and opportunity will be provided to become more acquainted with one another forming a deeper bond within the community and empathy for others on the retreat. As a newly formed community they will plan a future service project to nurture these relationships.

## FINDING GOD IN NATURE AND WITHIN CARE FOR THE EARTH

This retreat will be a day for students to recognize their relationship to nature and their connection to the bigger world. Pope Frances has highlighted the importance of our response to the cry of the earth. This is a day to listen to that cry. They will walk the trails, have mindful minutes to watch and listen to nature, as well as team building time to create new relationships with one another. It will be a time of discovery, hands on service to the land, introspection, and small group sharing, culminating in a new understanding for their place in this world. Confirmation is a commitment to the Church, this retreat will give them a chance to commit to their faith in action by helping our earth.

## GIFTS OF THE HOLY SPIRIT DISCOVERING THEIR GIFTS

Confirmation preparation is a time of discovering the gifts of the Holy Spirit. This retreat will give the students a time to see the gifts of the Holy Spirit through the lens of the natural world. The gifts of the Holy Spirit will be discovered through team building, contemplative prayer, nature hikes, self-reflection, small group discussions, and service to the land. It will be a time for the students to discover their gifts as well as the gifts of others and how to use these gifts for the good of all.

# CREATING A SMALL CHRISTIAN COMMUNITY

## CREATING EMPATHY AND COMMUNITY

In the earliest days of the church the disciples gathered forming small Christian Communities of faith. They shared their belongings, meals, and stories about Jesus. Together with one faith they formed small Christian communities. This beautiful tradition will continue on this retreat in small groups as we cultivate empathy, and understanding for one another. This retreat will be filled with community building activities, mindful listening, nature walks, introspection, small group reflection, and time serving our Earth side by side. A space and opportunity will be provided to become more acquainted with one another forming a deeper bond within the community and empathy for others on the retreat. As a newly formed community they will plan a future service project to nurture these relationships.

### Brief Outline of retreat

#### 9:00 Welcoming

- Large Group Ice Breaker Activities
- Introduction to the Earth and Spirit Center Mission, goals, opportunities for the day
- Meditation/Mindfulness Activity to introduce theme for the day of Small Christian Communities

#### 9:15 Small Groups Community Building Activities - Debrief

#### 10:15 Service to our Earth - Tim Darst (Environmental Educator) - Debrief

#### 11:15 Hiking Trails – Mindful Moments observing on the trails

#### 12:00 Mindful Contemplative Prayer – Lunchtime – (bring your own lunch)

#### 12:30 Scavenger Hunt – small groups - Debriefing

#### 1:15 Small Groups – Planning future Service Project for the Earth

#### 1:45 Closing - Small Groups action (planting, presentation of decorated wreath)

present their future service project and what they learned

#### 2:00 Final Contemplative Prayer

# FINDING GOD IN NATURE AND WITHIN CARE FOR THE EARTH

This retreat will be a day for students to recognize their relationship to nature and their connection to the bigger world. Pope Frances has highlighted the importance of our response to the cry of the earth. This is a day to listen to that cry. They will walk the trails, have mindful minutes to watch and listen to nature, as well as team building time to create new relationships with one another. It will be a time of discovery, hands on service to the land, introspection, and small group sharing, culminating in a new understanding for their place in this world. Confirmation is a commitment to the Church, this retreat will give them a chance to commit to their faith in action by helping our earth.

## Brief Outline of retreat

### 9:00 Welcoming

- Large Group Ice Breaker Activities
- Introduction to the Earth and Spirit Center Mission, goals, opportunities for the day
- Meditation/Mindfulness Activity to introduce theme for the day of Finding God in Nature and Within

9:15 Hike Trail- Small Groups- Mindful Moments on the trails

10:15 Service to our Earth - Tim Darst (Environmental Educator) - Debrief

11:15 Team building activities on trails in small groups

12:00 Mindful Contemplative Prayer – Lunchtime – (bring your own lunch)

12:30 Scavenger Hunt – small groups - Debriefing

1:15 Time alone to observe and write about the presence of God in nature

1:45 Closing - Action (planting seeds) present what they learned today

2:00 Final Mindful/Contemplative Prayer

# GIFTS OF THE HOLY SPIRIT

## DISCOVERING THEIR GIFTS

Confirmation preparation is a time of discovering the gifts of the Holy Spirit. This retreat will give the students a time to see the gifts of the Holy Spirit through the lens of the natural world. The gifts of the Holy Spirit will be discovered through team building, contemplative prayer, nature hikes, self-reflection, small group discussions, and service to the land. It will be a time for the students to discover their gifts as well as the gifts of others and how to use these gifts for the good of all.

### Brief Outline of retreat

#### 9:00 Welcoming

- Large Group Ice Breaker Activities
- Introduction to the Earth and Spirit Center Mission, goals, opportunities for the day
- Meditation/Mindfulness Activity to introduce theme Gifts of the Holy Spirit

9:15 Team Building – small groups - based on the Gifts - Debrief

10:15 Service to our Earth - Tim Darst (Environmental Educator) - Debrief

11:15 Team building activities on trails in small groups

12:00 Mindful Contemplative Prayer – Lunchtime – (bring your own lunch)

12:30 Scavenger Hunt – small groups – Discussion of gifts with each find -

#### Debriefing

1:15 Small Groups – Planning how to use their gifts in the future

1:45 Closing – Each Small Group presents what they learned today

2:00 Final Mindful/Contemplative Prayer