***Are We There Yet?***

Retreat #3

Saturday, December 1. 2018

Scripture Focus:

**Personal Reflection**

**Retreat Faith Sharing Reflection**

***Are We There Yet?***

Parish Session #1 After Third Retreat

Physical Practicalities

**Time Line:** Week of December 10-15, 2018

**Focus:** Pilgrims preparation of the body

**Objective:** To realize our body is a gift from God and we must take care of it.

**Scripture Focus:** 1 Corinthians 6:19

*Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own?*

**Time Frame:**

 15 minutes of Opening Prayer

 30 minutes potluck

 15 minutes of Icebreaker

 30 minutes of Inspirational Story and Faith Sharing

 15 minutes of Closing Prayer & Announcements

**Opening Prayer:** Divine Mercy Chaplet in Spanish *15 minutes*

**Physical Challenge:** Train our diet to be more healthy

**Icebreaker:** Pictionary/Charades (from Chris) *15 minutes*

**Inspirational Story:**

**Saint Junipero Serra**

*During September, the Church remembers St. Junipero Serra, founder of the missions of California and patron of vocations.*

*Canonized by Pope Francis during his September 2015 visit to the United States, St. Junipero Serra was known for being open to God’s call, which led him to spread the Christian faith to western North America. To do this, he founded missions along the west coast 9in an area now known as California). His motto, “Always forward, never back” is a testament to the active spirit of missionary discipleship to which we are all called as Catholics.*

*Like St. Junipero Serra, how are you living as a missionary disciple “always forward, never back”?*

**Reflection Questions:**

1. What does it mean to be a temple of the Holy Spirit?
2. Am I eating healthy? What are ways I can change about my diet toward eating healthy?
3. In what ways am I harming my body?

**Challenge:**

* Look up Fr. Leo food videos
	+ YouTube, “**Cooking with Fr Leo Patalinghug**”
* make one of those dinners for or with your family
	+ Suggestion, check out his website
	+ https://fatherleofeeds.com/the-shows/cooking-for-one-holiday-cookies/

**Closing Prayer:** “Community Prayer”

* Everyone gathers together in making a big circle
* Everyone holds hands
* It starts by someone saying out loud either short prayer or saying one thing they are thankful for
* Once they are done, they squeeze the hand of the person to their right to indicate it’s their turn to do the same.
* The prayer is finished when the last person has said their prayer

***Are We There Yet?***

Parish Session #1 After Third Retreat

Physical Practicalities

**Personal Reflection Questions**

1. What does it mean to be a temple of the Holy Spirit?
2. Am I eating healthy? What are ways I can change about my diet toward eating healthy?
3. In what ways am I harming my body?

***Are We There Yet?***

Parish Session #2 After Third Retreat

Discipleship Formation

**Time Line:** Week of December 24-28, 2018

**Focus:** Preparation of the mind

**Scripture Focus:** Luke 22:24-30

*Then an argument broke out among them about which of them should regarded as the*

*greatest. He said to them, “The kings of the Gentiles lord it over them and those in authority over them are addressed as ‘Benefactors’; but among you it shall not be so. Rather, let the greatest among you be as the youngest, and the leader as the servant. For who is greater: the one seated at the table or the one who serves? Is it not the one seated at table? I am among you as the one who serves. It is you who have stood by me in my trials; and I confer a kingdom on you, just as my Father has conferred one on me, that you may eat and drink at my table in my kingdom; and you will sit on thrones judging the twelve tribes of Israel.*

**Objective:** To overcoming jealousy. Jesus is our common goal and we shouldn’t let our differences blind this goal. We are deep in this journey and shouldn’t let seniorities take over.

**Practical Challenge:** We are all tempted on loosing focus. Why are we doing this? Do I still want to accompany these people?

**Intellectual Challenge:** Never loosing site of the goal

* It’s been five months and temptation are amongst each other. We lose focus on Jesus and now focus on each other.
* Stop looking at our flaws or comparing to others
* Focus on Jesus, together
* We have a common goal, encounter Christ
* Jesus needs to refocus us

**Time Frame:**

 15 minutes for Welcome and Opening Prayer

 30 minutes of presentation for the material

 15 minutes of Icebreaker

 15 minutes of Faith Sharing

 15 minutes of Closing Prayer and Announcements

**Opening Prayer:** Chaplet of the Holy Trinity, *15 minutes*

**Inspirational Story:** St. Mother Teresa, *30 minutes*

* She struggled through spiritual desolation.
* At first, she began her ministry she began with power
* Throughout time, she began to lose focus.
* But she persevered

**Icebreaker:** *15 minutes*

**Poison Ball**

***Balls of various sizes (enough for most players), beach ball, 4 cones***

**Objective:**  The first team to get the poison ball three times loses

Have the group separate into four different teams, trying to divide the more active players on to different teams. Have a square set up with cones measuring around 10-20 depending on the size of your group. Have the teams line up on different sides of the square without entering. You will need a variety of balls including a beach ball. The other balls should be a mix of softer play balls, i.e. softies, gator balls, sensory balls, soft footballs, nothing that would hurt if hit by. The teams will be lined up on the outside of the square. You will give out all the balls except for the beach ball and tell them that the beach ball is the “poison ball”. The object of the game is to knock the “poison ball” into an opposing team’s side. The players cannot use their bodies in any way to touch the poison ball, nor can they enter to get three outs loses.

**Reflection Question:** *15 minutes*

1. Have I lost focus?
2. Do I tend to compare myself with others?
3. Do I still look forward to this pilgrim?

**Challenge:** Pick one person in the group and tell them one thing you like about them. After, tell them one thing that you think that they need to work on.

**Closing Prayer:** St. Francis Prayer, *15 minutes*

*Lord, make me a channel of your peace.*

*Where there is hatred let me bring your love;*

*Where there is injury, pardon;*

*And where there’s doubt, faith.*

*Oh, Master grant that I may never seek
So much to be consoled as to console;*

*To be understood as to understand;*

*To be loved as to love with all my soul.*

*Make me a channel of your peace.*

*Where there’s despair, hope;*

*Where there is darkness, light;*

*And where there’s sadness, joy.*

*Make me a channel of your peace.*

*It is in pardoning that we are pardoned;*

*It is in giving that we receive;*

*And in dying that we’re born to eternal life.*

*Amen*

***Are We There Yet?***

Parish Session #2 After Third Retreat

Discipleship Formation

**Personal Reflection Questions**

1. Have I lost focus?
2. Do I tend to compare myself with others?
3. Do I still look forward to this pilgrim?

***Are We There Yet?***

Parish Session #3 After Third Retreat

Spiritual Enrichment

**Time Line:** Week of January 7-11, 2018

**Focus:** Preparation of the heart and spirit.

**Objective:** To reignite our relationship with Christ. To worship God as He desires.

**Scripture Focus:** Deuteronomy 6:2-6 and Mark 12:28-34

**Deuteronomy 6:2-6**

*so that you, that is, you, your child, and your grandchild, may fear the LORD, your God, by keeping, as long as you live, all his statutes and commandments which I enjoin on you, and thus have long life.* *Hear then, Israel, and be careful to observe them, that it may go well with you and that you may increase greatly; for the LORD, the God of your ancestors, promised you a land flowing with milk and honey. Hear, O Israel! The LORD is our God, the LORD alone!* *Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today.*

**Mark 12:28-34**

*One of the scribes, when he came forward and heard them disputing and saw how well he had answered them, asked him, “Which is the first of all the commandments?”* *Jesus replied, “The first is this: ‘Hear, O Israel! The Lord our God is Lord alone!* *You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.* *The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”* *The scribe said to him, “Well said, teacher. You are right in saying, ‘He is One and there is no other than he.* *And ‘to love him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself’ is worth more than all burnt offerings and sacrifices.”* *And when Jesus saw that [he] answered with understanding, he said to him, “You are not far from the kingdom of God.” And no one dared to ask him any more questions.*

**Time Frame:**

 15 minutes of Welcome and Opening Prayer

 30 minutes of Eucharistic Adoration

 30 minutes with Imaginative Prayer

 15 minutes of Faith Sharing

15 minutes of Closing Prayer & Announcements

**Opening Prayer:** *15 minutes*

***World Youth Day USA Prayer***

God our Father, be with us on our pilgrim journey of faith. Give us the grace and courage to step forward in faith and hope on the road ahead.

Open our eyes to see your face in all those we encounter. Open our ears to hear your voice in those who are often ignored. Open our hearts that we might be faithful disciples of mercy and truth.

Transform us. Empower us to give of ourselves to the poor; to welcome the lost;  to forgive those who hurt us;  to comfort those who suffer  and are marginalized.

Bless those who travel from the United States of America  to Panamá, to join the universal  Church for World Youth Day. Bless, too, those who celebrate stateside, united in faith and joy.

Like the disciples who journeyed up the mountain to witness the Transfiguration, may this experience be  an encounter that strengthens us  for our work in the world.
Through the intercession of Mary, the Immaculate Conception,  patroness of our nation, may we be worthy witnesses of our faith, humble representatives of our country,  and inspired missionaries bringing peace, hope, and mercy into our communities.

We ask all this through Christ Our Lord.  Amen.

St. José Sánchez del Rio, pray for us.

St. Juan Diego, pray for us.

Bl. Sor María Romero Meneses, pray for us.

St. John Bosco, pray for us.

Bl. Oscar Arnulfo Romero, pray for us.

St. Martin de Porres, pray for us.

St. Rose of Lima, pray for us.

St. James the Apostle, patron of pilgrim travelers, pray for us.
St. Kateri Tekakwitha, young faithful witness from our native land, pray for us.
St. Therese of Lisieux, patroness of missionaries, advocate for youth, pray for us.
Bl. Pier Giorgio Frassati, patron of young adults, man of the beatitudes, pray for us.
St. John Paul II, founder and patron of World Youth Day, pray for us.

**Spiritual Challenge:**

* Eucharistic Adoration (Highly recommended)
	+ This is the extension of Mass
	+ *30 minutes*
* Finding Christ through imagination
	+ Imaginative Prayer (see **Chambers of the Heart** and read to the pilgrims)
	+ *30 minutes*

**Reflection Question:** *15 minutes*

1. Since we started, has your relationship with Christ grown?
2. What is my image of Christ? Has it changed?

*Reflection Questions from* ***Chambers of the Heart***

1. What chamber of your heart did you enjoy the most? Why?
2. Which chamber do you want to return to with Jesus to help you clean up?
3. What did you hear Jesus tell you? What did you tell Him?

**Closing Prayer:** *15 minutes, recite 3 Hail Marys and Prayer to Saint Michael the Archangel*

**Prayer to Saint Michael the Archangel**

*Saint Michael the Archangel,*

*defend us in battle.*

*Be our defense against the*

*wickedness and snares of the Devil.*

*May God rebuke him, we humbly pray,*

*And do thou,*

*O Prince of the heavenly hosts,*

*by the power of God,*

*thrust into hell Satan,*

*and all the evil spirits,*

*who prowl about the world*

*seeking the ruin of souls. Amen*

***Are We There Yet?***

Parish Session #3 After Third Retreat

Spiritual Enrichment

**Personal Reflection Questions**

1. Since we started, has your relationship with Christ grown?
2. What is my image of Christ? Has it changed?

Reflection Questions from **Chambers of the Heart**

1. What chamber of your heart did you enjoy the most? Why?
2. Which chamber do you want to return to with Jesus to help you clean up?
3. What did you hear Jesus tell you? What did you tell Him?

**CHAMBERS OF THE HEART**

Start music (optional) *Leader reads out loud to the pilgrims in a clear, gentle voice throughout the imaginative prayer.*

Sit comfortably: e.g. hands palm up or palms down on lap, breathing quietly and evenly. (If space allows they can even stretch out on the floor with no one close.)

Keep your body still and try to imagine your heart beating. It is steady and strong. Your heart is your life. Breathe in and out very slowly; feel your heart beat. You can even put your hand on your heart.

Imagine that you are walking alongside Big Bear Lake (*or any place relaxing*). You can feel a cool breeze, and you hear the ripples of the water. The sky is filled with brilliant pinks and oranges as the sun begins to set behind the mountains. In the distance you see a silhouette of the person walking towards you. He seems to be a strong man, with a confident walk. As He approaches you begin to get a glimpse of His face and the kind and gentle expression He has as He looks at you. That’s when you realize IT’S JESUS! “Hello,” says Jesus, “I have been waiting for you! I want to show you something!” What do you respond…(Pause)

JESUS LEADS YOU TO A DOOR, A VERY NICE DOOR.

“Would you like to come inside with me?” He asks you. You nod your head to say yes with all your being. As Jesus opens the door, he tells you, “This is the DOOR TO THE CHAMBERS OF YOUR HEART!” and He has a smile across His face. In your Heart are different Chambers or rooms.

“The one we’ve just entered is the CHAMBER OF ALL YOUR PSSESSIONS: it has all the things you’ve ever received and wanted.” You start to look around and you see: PICTURES, YOUR VIDEO GAMES, (Jesus nods, as if to let you know He’s enjoyed playing them with you.); TROPHIES, BOOKS, YOUR DIARY, ART WORK, you even hear your FAVORITE MUSIC, your CLOTHES are there, and even your OLD BIKE. Are you proud for Him to see your things with you? Are you happy with what you have? Is there anything in this chamber that embarrasses you now with Jesus present, maybe because it wasn’t yours? What would you like to have hidden or thrown away? What is your favorite thing you want to share with Jesus right now? How important are your possessions?

TALK TO HISM ABOUT IT!

Gently Jesus leads you back behind all your possessions and there’s a for you hadn’t even noticed. Jesus opens this door and takes your hand to help you step inside. “THIS IS THE CHAMBER OF YOUR HOPES! In here are all your prayers—your most heartfelt wants!” As you hear your prayers, Jesus looks at you with the most caring eyes; He is listening with His

Heart: this room has an echo, the prayers keep repeating…

I want my parents to be OK.

Please help my grandmother get well.

Help us to have a good volleyball team.

Help me to get along better with my brother or sister.

I hope we can have peace in the world…

Can you hear your prayers? Look at Jesus, see how interested He is, how much He cares, He is looking straight into your eyes and He sees the hopes you don’t even have the words to yet. Take time to talk about your needs, nothing is too small to mention to Him…

Jesus has put His arm around your shoulder now. He asks you if you are ready to go on. The next chamber you enter is the CHAMBER OF PEOPLE. Before Jesus can say any more you see your MOM…DAD…BROTHERS AND SISTERS…RELATIVES…(Even people you knew who have died) TEACHERS…FRIENDS…Then suddenly you stop. There’s someone you didn’t expect; this person wasn’t a friend, but someone unkind to you. You look at Jesus for some explanation. He comes real close and says: “Let me help you with this person.” (Pause) Then He asks you to look gain—is there anyone else that you are surprised to see? (Pause) Everyone who has ever touched your life is here in this chamber. Is there someone you really want to make sure that Jesus meets? Jesus hugs you really tightly now, as He says: “I’M ALWAYS THERE IN THE PEOPLE YOU LOVE, AND EVEN IN THE ONES YOU DON’T LOVE, OR FEEL DON’T LOVE YOU. IN THOSE I WORK THE HARDEST THAT THE HURTS WOULD BE HEALED…Then He gives a great big sign, and you see His eyes tear up…” With some,” He says, “I have to wait a long time because they don’t want me there;” but He adds very seriously, “I NEVER GIVE UP ON ANYONE!”

Now you are the one with your arm around Jesus. Next Jesus takes you into the CHAMBER OF YOUR MEMORIES. Together very tenderly now you begin to look at Your past. You see YOUR HAPPIEST MEMORY…A FRIGHTENING TIME (Jesus holds you close), A TIME WEN YOU WERE HURT…A SPECIAL TIME WHEN SOMEONE SHOWED YOU THEY CARED. You just want to share with Jesus, and He wants so much to hear about your memories. Now recall the time when you began your preparation for Confirmation. Remember a time when you felt Our Lord’s presence within you. Recall the time, and tell Jesus all about it…(Pause) He tells you that He is close to you in all those time you remember, especially the difficult times.

Jesus has been so easy to talk with; you’ve arrived deep into the chambers of your heart. Jesus asks you if you wat to go into the DEEPEST CHAMBER. He looks so excited and adds, “This is the best of all the chambers you have visited.” He is smiling, yet is serious at the same time. You can hear it in the tone of His voice. “This chamber is very small,” He warns. “You can’t bring any of your possessions in here, you also have to leave all your hopes and wants and the people in your heart behind, and finally no memories will fit. In this chamber there’s only room for just the two of us. THIS CAHMBER IS WHERE I MAE MY HOME IN YOUR HEART!” In none of the other chambers of your heart will you find the love, the safety, and the happiness you will find here. This is My room in the Chambers of your Heart. It’s the center of them all and I am here for you every day. Here is where I want to meet with you and tell you:

You are My friend.

Do not be afraid, I am always with you.

Follow me.

Forgive others. I forgive you for everything.

 I love you.

You are a gift to Me.

Quietly, peacefully listen to Jesus. In your deepest chamber stay with Him alone. Hear him repeat the words on the back of your nametag.

(Pause)

The time has come for you to leave. As you reach the door, you really don’t want to go. You turn back again and tell Him: “I’m glad this is your home.” Take time to think what it means that Jesus wants to give you His Spirit, that He wants you to love with His heart. Turn back and give Him a sign of your love. He has a big smile and says: “I’ll be here when you come back!”

Take a deep breath. Breathe in and out. Take another deep breath, this time when you breathe in say the name of Jesus quietly in your heart; as you breathe out say I love you!

Breathe in again and hear Jesus call your name. When you breathe out hear Him say I love you too!

As you continue to breathe in slowly and deeply, hearing Jesus say I love you, you become aware of your surroundings here, you hear the soft music…as you are ready you quietly open your eyes.

1. What chamber of your heart did you enjoy the most? Why?
2. Which chamber do you want to return to with Jesus to help you clean up?
3. What did you hear Jesus tell you? What did you tell Him?