Retreat Program

**Outbound:** A Friday-Sunday pilgrimage-themed retreat. Participants hike up and camp out on Mt. Wittenberg in the Catskills while reflecting on “faith journey” themes.

**Born to Be Wild:** A day hike in the Spring to Delaware Water Gap Mt. Tammany, this one-day retreat give students the opportunity to explore faith through nature.

**Mystery:** Spend the weekend reflecting on your image of God and boldly questioning how and if “the basics” of Roman Catholicism help you journey deeper into the Mystery. Takes place at an Oceanfront property in Cape May, NJ.

**Connections for Freshmen:** Connections aids first-year students with their transition to college life.

**3 Day Silent Retreat:** Based on *The Spiritual Exercises of St. Ignatius Loyola*, a silent retreat offers us a chance to find grace when we grant ourselves the gift of silence.

**Manresa:** Rooted in Ignatian Spirituality, Manresa offers students an opportunity to explore in greater depth some of life's essential questions.

**Divinely Designed:** Just for women, Divinely Designed offers students the opportunity to share, explore and celebrate the feminine experience.

**Live It:** Formerly known as 4th Day, retreatants reflect on how to "live out" their faith within everyday life.
A Desert Experience: Jesus went to the desert for 40 days, we only go for 5. This destination retreat takes place in Death Valley, CA, where students discern self-actualization, dying and rising, revelation and perspective. Two retreats offered: December and March.

Search: “Where two or three are gathered together in my name, there I am in the midst of them.” - Matthew 18:20. The Search Retreat is an opportunity to experience the Presence of God in the midst of a caring and faith sharing community.

Athletic Team Retreats: All Scranton Athletics Teams are welcome to work with campus ministry at designing a day retreat specifically for their team. Participants are challenged to connect themes of teamwork and sportsmanship to their daily lives and to their faith.

Soul Men’s Retreat: Two Nights/Three Days for men to be out in nature and rekindle the basic elements of male spirituality and male initiation. Takes place in Hancock, NY.

Senior: One last weekend at the lake for Seniors to reflect on past, present and future.

Commuter: An overnight opportunity at the lake for commuter students to connect with each other, build community and to serve the local community.

Mother-Daughter: Unique opportunity for female students and their mothers to share a spiritually reflective weekend together at the lake.

Busy Student Retreat: This is a unique retreat that occurs over the 40 days of Lent. Participants set aside a couple of hours per week for reflection, prayer and spiritual direction.