Retreat Program 2022-2023

**Starter Retreats:** All students with spiritual/religious backgrounds as well as those without such backgrounds will feel comfortable participating in all of the discussions and activities. These retreats challenge participants to recognize and acknowledge where their relationship with God begins and where it could go.

**Born to Be Wild:** A day hike in the Spring to Top of the World in Dunmore, this one day retreat gives students the opportunity to explore faith through nature.

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

**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.

**On the Journey Retreats:** All students who have recognized and acknowledged that they are spiritual beings on a human journey will feel comfortable on these retreats. At this level, participants are challenged to move from a faith-given to a faith-owned.

**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.
On the Journey Retreats Continued:

Soul Men's Retreat: During Spreak Break, this a chance for men to rekindle the basic elements of male spirituality and male initiation. Takes place in Rowlesburg, WV.

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

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

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.

Searching Deeper Retreats: Students who are unattached to any superior self-image or inferior self-image will feel comfortable on these retreats. At this level, it's all about God and participants are just along for the ride. They are ready to let go and let God surprise them.

A Desert Experience: Jesus went to the desert for 40 days, we only go for seven. This retreat takes place in Death Valley, CA where students discern self-actualization, dying and rising, revelation/incarnation and perspective. Two retreats offered: December and January.

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.

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.