

# Asynchronous Virtual Retreat Quick Facts for Catechetical Leaders

## **Introduction Video**

### **Asynchronous Retreat Overview**

#### **Purpose**

Parish leaders and volunteers have been overwhelmed with the demands and changing needs of ministry. These retreats will offer the opportunity to step away from the busyness of ministry to reflect on the Catholic faith, prioritize spiritual wellness, inspire witness and recharge one's missionary activity through an engaging and easy to navigate format that is adaptable for individual or group use.

#### **Intended Audience**

CLs, catechists, YMs, catholic school principals and teachers, parents and all adults in the archdiocese and beyond.

#### **Intended Use**

Individuals and groups; virtual or in-person; for CLs and YMs with their catechists, volunteers and/or program parents; LFCs can also use them in vicariate meetings.

#### **Retreat Goals**

Grounded in prayer and reflection, and designed to breathe new life into methods of sharing the Gospel and invite others to bring the good news of Christ to the world. In alignment with Renew My Church, retreats are designed to help participants:

- Encounter Jesus and grow in their sense of missionary discipleship
- Build community through prayerful reflection and discussion
- Become inspiring witnesses of faith

#### **Retreat Accessibility**

All retreats and accompanying resources are located on the Office of Lifelong Formation website and will also be shared in the Lifelong Formation newsletter, Taking Shape.

#### **User Guides**

Retreat user guides for individuals and group facilitators are available on the Office of Lifelong Formation website. These guides provide information on each retreat element, sample time frames and general tips to help individuals and facilitators prepare for retreat experiences.

**Retreat Length**

Retreats are designed with a 60-minute time frame in mind and are very adaptable for specific needs. Each retreat includes resources for ongoing enrichment which can be used to extend retreats for a longer time frame (e.g., for longer facilitated group retreats). Multiple retreats may be combined for hosting a half-day or full-day retreat while incorporating breaks and longer periods of personal reflection and group discussion.

**Number of Retreats**

We anticipate approximately 8–12 retreats per year.

**Spanish and Polish Languages**

Retreats for Spanish speaking and Polish speaking participants will be developed. Details on this will be influenced by the capabilities and resources of publishers/presenters.

**Catechist Certification**

For catechist's who complete a retreat individually, they can receive elective hours. If a catechetical leader facilitates a group retreat, participants can use this as their certification retreat requirement.

**Evaluation**

Evaluation surveys have been created on Microsoft Forms with links embedded in each retreat. Retreat participants are encouraged to complete the brief survey after experiencing a retreat. Responses will help to assess the retreat model, overall effectiveness of the retreats and provide ideas for future retreat topics.