

St. Bernard School – Theology of the Body Retreat

8th Grade: ~36 students

January 5th and 6th

Thursday, January 5th

[Fr. Michael on-site 9:30am-12:30pm; Maggie on-site 9:30am]

8:45-9:15 Mass in the Church
9:15-9:30 Donuts in the Bishop Hall
9:30 Icebreaker activity (Callie) → **Fruit Basket Upset**
Introduction/Opening Prayer (Fr. Michael)
QUESTION BOX
9:45 Intro video: What Am I Made For?
9:45 - 10:30 Session 1 (Importance & Purpose of TOB, Ch. 1 – Callie)
10am Journal Reflection Activity (Church)
10:15 Large group processing
10:30-10:45 Break for bathroom, bubbler, stretch
10:45 Fun Activity → **Pull Up Game**
11:15-12:15 Session 2 (Salvation History, Ch. 2 & 3 – Adam and Fr. Michael)
→ **Simon Says to transition into Fr. Michael's session**
12:15 Pray for lunch
12:20-12:45 Lunch from Cafeteria, bring back to Bishop Hall
12:45-1:05 "Recess"
1:10 Gather back. Recap on the day (Callie)
1:30-2:15 Session 3 (Virtue/Vices, Ch. 4 – Maggie)
2:15 Question box question and answers
3:00 Closing prayer, dismissal

Friday, January 6th

[Fr. Michael on-site 11am-3pm; Maggie on-site all day]

8:45-9:15 Mass in the Church
9:15-9:30 Donuts in the Bishop Hall
9:30 RECAP of yesterday, ease into today's heavy topics
Emphasis use of Question Box
9:45 - 10:30 Session 4 (Sex, Love, Chastity and the opposite, Ch. 5 & 6)
Split genders: Bishop Hall - Callie & Maggie will lead women's session
[Maggie: Ch 5 // Callie: Ch 6]
Chapel - Adam & guest will lead men's session
***teachers available for assistance, please*
10:30-10:45 Break for bathroom, bubbler, stretch
10:45-11:15 Session 6 (Hope and Future, Ch. 8 – Maggie)
11:15 Transition to Fr. Michael
11:30-12:15 One True Voice Activity
Session 5 (Vocation, Ch. 7 – Fr. Michael)
Fishers of Men on cue
12:15 Pray for lunch
12:20-12:45 Lunch from Cafeteria, bring back to Bishop Hall
12:45-1:05 "Recess"
1:10 Gather back for Buenos Aires video & Confession talk
1:30-2:30 CONFESSION & ADORATION (Fr. Michael)
Confession stations: Confessional, Sound Room, Chapel, Library
2:30 Question Box Q&A
3:00 Closing prayer, dismissal

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TALKING POINTS FOR THE SESSIONS:

Session 1, Chapter 1—**Who am I?** [Callie]

Vocab words: Human person, Incarnation, Saint, Theology of the Body)

Session 2, Chapters 2 & 3—**Our Story + Me, Myself, and I** [Fr. Michael + Adam]

Vocab: In his image and likeness, in the beginning, free will, original sin, human person, language of the body, incarnation, resurrection, ascension

Session 3, Chapter 4—**How Should I Act?** [Maggie]

Vocab: habit, virtue, vice, grace, sacrament, Reconciliation, Eucharist

Session 4, Chapter 5 & 6—**Sex, Love, and Chastity + To Use or Not to Use? That is the Question** [SPLIT]

Vocab: sex, male and female he created them, chastity, abstinence, lust, modesty, concupiscence, agape, eros, adultery, fornication, pornography

Session 5, Chapter 7—**Vocation** [Fr. Michael]

Vocab: marriage, consecrated life, holy orders, discernment, vocation

Session 6, Chapter 8—**Hope and Future** [Maggie]

Vocab: true friendship, family love, speak the truth, works of mercy

Supplies:

-pens

-scrap paper for questions

-white board

-dry erase markers

Festival:

-donut holes

-juice

-fruit

-candy