**Bread Retreat**

Hand out Retreat Recipes before;

**Ingredients**

Yourself

Bible

Journal

Lawn Chair

*Part of lunch?*

**Directions**

Pre-set alarm so you arrive at 9:00am. Take Hwy 67 north out of Kiel. Turn right onto Cty XX. Turn left onto Steinthal road. Stay on Steinthal road until you see a green “Steinthal” sign. The driveway is a ¼ mile north of the sign on the right. There will be balloons at the end of the driveway. Park next to the dumpster.

Take all ingredients into the Lodge, on the right. Allow your body to rest and enjoy some breakfast for 15 minutes or until all guests have arrived.

**Yields-**6 well rested, Spirit filled people ready to face the world!

**Agenda for the day**

9:00 Breakfast

9:15 Icebreaker-Recipe of life Danielle

9:35 Opening Prayer

10:00 What’s the Yeast in your life? Pat

10:30 Reflection/Alone time

11:00 Punch the Pain Joe

11:30 Reflection/Alone time

11:50 Lunch

12:30 God’s dough! Danielle

1:00 Bread for Others Joe

1:45 Ordinary to Extraordinary Pat

3:00 Closing Prayer

3:30 Clean-up and Leave

**BREAKFAST**

Have coffee, tea, juice, fruit and breads to snack on

**ICEBREAKER-RECIPE OF LIFE**

6 bread recipes in the center of the table. Everyone chooses a recipe. On the back of the recipe each person should write what their recipe for life is. Allow 10 minutes to write, then share with the group. This is meant to be an icebreaker not a deep thinking exercise.

**OPENING PRAYER**

**Pat-** We gather today to take time away from our busy lives to pause and spend time with our God. A time to reflect upon our life, our relationship with our Lord and our relationships with our neighbors.

We ask the Holy Spirit to descent upon each of us and lead this retreat where it should go. Open each of us up to the presence of the Holy Spirit, may we have the wisdom to listen to the Spirit and the courage to act upon the Spirit’s promptings.

We offer all of our distractions and worries to the Lord, so we may enjoy our time and leave today refreshed and ready to continue being part of the Body of Christ at SS. Peter and Paul parish.

**Danielle-** I invite each of us to take a few moments and write down any distractions or worries that your brought with you today.

*Allow them time to write while \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ plays.*

**Joe-** Please join me outside with your distractions and worries.

Read Psalm 55:23-24

I now invite you to one by one slowly place your worries and distractions into the fire and watch them ascend to our Father. Really let go of them and allow God to fill that place in your mind and heart with His peace and love.

*As people place them in fire play “I Will Rise” by Chris Tomlin*

**Pat-** Let us close our time in prayer by reciting this prayer together;

(printed on small sheets)

**Give me confidence in the depths of danger.**

**Give me hope when I am surrounded by fear.**

**Still my worries,**

**calm the anxieties pressing in on me from the world I live in.**

**Reassure me that you are with me when I seem alone.**

**Ease my doubting, as you did Thomas'.**

**Guide my searching for peace,**

**so that I may not seek it where it is not to be found,**

**but I may seek it in you.**

**Lord Jesus, live in me and give me your peace.**

**Amen.**

**WHAT’S THE YEAST IN YOUR LIFE**

Yeast gives the bread life. It allows the dough to become stronger. We too need to have yeast in our life. We need to have yeast in our personal, professional and spiritual lives. (Expand with your own thoughts and words)-Show yeast packet

Give each person their yeast packet. Allow 5-10 minutes for each person to write their life’s yeasts around the border of their packet. Then take time to share with the group.

**REFLECTION/ALONE TIME**

When you make bread you need to allow the bread quiet time to rest. Now take time to quietly reflect alone. Here are some starter questions for you. Feel free to use them or not, whatever the Spirit is leading you to do.

Questions-printed on paper, have sticky corners so they can be put in journals

* What gives you life; personally, professionally and spiritually?
* How are you nourishing these 3 areas?
* What are things that take life away from you?
* How can you avoid or overcome these things?
* Who are the people who give you life

If you want to let these people know, take some paper and envelopes with you and write them a note. (optional)

**PUNCH THE PAIN**

As bread must be kneaded and punched down to expel the air, only to rise again, so suffering and pain are a part of the process that makes us who we are. Only after it has gone through the over, through the fire, does it become life-giving. As do we. We all encounter sufferings and trials in our life. We need to offer these over to God and ask Him to help us through them. These trials and struggles make us stronger and a better person. (Expand with your own thoughts and words)

Inform the group that this is a personal exercise, but if they feel they need to share they are welcome to. Give each person a chunk of clay/play-dough. Invite them to take 5 minutes to create a pain or suffering they are dealing with. Play instrumental music while they work. Now ask them to punch the pain and mess up their creation. Then they are to use the same clay/play-dough to form something to help ease this pain or something to help you with this struggle.

**REFLECTION/ALONE TIME**

Take time to silently reflect on the previous activity.

**LUNCH**

**GOD’S DOUGH!**

When you make bread you have to slow down and let the bread work. In our lives we need to slow down and let life take it’s course. We are God’s dough and need to remember to allow Him to be a part of our life. Even amid the craziness of our day.

Allow 30 minutes for personal time. Prayer books, rosarys, journals, and bibles are available for you to connect to God. Or if the Spirit is leading you to a nap, do that. Take this time to listen to God and ask Him to reveal His plan for your life.

**BREAD FOR OTHERS**

When we finish making bread it’s wonderful to share it with others. Now that we’ve taken a majority of our day refueling ourselves, let us know take time to look at how we can be bread for others in the community.

Brainstorm how we can serve our parish better, what are our game changing ideas and what does our dream parish look like.

**ORDINARY TO EXTRAORDINARY**

From ordinary earthly things, bread to created and used to nourish us. We too are ordinary earthly things, and if we cooperate, can be transformed to nourish others and become extraordinary.

We want to take time today to acknowledge the extraordinariness of each other. Please choose a name from the bucket. We will separate for 15 minutes to allow us time to write a letter of affirmation to the person who’s name we choose.

*Allow time to write letters.*

Re-gather and aloud to the group, summarize the main points in your letter. Then after everyone has had a chance to verbally affirm someone else, exchange letters and allow time to go off alone and read the entire letter.

**CLOSING PRAYER**