

## Montserrat Retreat Information

2019-2020

*Conducted by the Jesuit  
Spiritual Center Youth  
Ministry Team*



Juniors going on their retreat should bring their **overnight bag to the CHAPEL by 8:00 am** on the first morning of their retreat before catching the bus to the Jesuit Spiritual Center (check the rosters on the Campus Ministry bulletin board again for the dates of your retreat)

Some reminders:

- You **must ride the bus** to & from the Jesuit Spiritual Center unless you get permission from the AP's office at least a week in advance to be ridden by your parents. Furthermore, please email Mr. Beerman and let him know you will be choosing this option. **No cars will be permitted at the retreat.**
- Talk to your teachers a few days before going on retreat to discuss what work you will miss; Talk to your teachers again when you return to discuss make-up work.
- Casual dress (shorts, t-shirts, etc); sheets and towels are supplied; you stay overnight in a room of your own. Restrooms and showers are down the hall.
- If you will be taking any **medicine**, you must fill out and return the medical form sent with this email.
- If you have any **special dietary needs**, let Mr. Beerman know at a week before the retreat.
- **If school is cancelled** (inclement weather, etc.) the retreat may be postponed and re-scheduled. Watch your email for further updates and information. Information may also be sent via the St. X website and social media.
- After the retreat the bus will **return to St. Xavier by about 3:00 pm on the second day**; 248-3500 ext. 11 is the retreat center number.
- If you play the guitar or other musical instrument, we encourage you to bring it with you.
- You are encouraged to bring a snack to share during breaks. If you wish to bring something to drink, that would be fine. Juice and some snacks and fruit are also available during break times.
- Please **do not bring: electronic devices: i-pods, etc.; books, homework, or sports equipment** (Milford provides footballs, basketballs, soccer balls, etc. for recreation times.)
- **No use of cell phones during retreat; cell phones will be turned over to the retreat chaperones at the beginning of the retreat. If caught using a cell phone, you will be subject to disciplinary action per the St. Xavier student handbook.**
- Any questions, refer to this handout, or see Mr. Beerman in the Campus Ministry Office.

**What happens on retreat?** The word "retreat" means to "step back". Your two days on retreat will give you a chance to step back from school, jobs, and your regular schedule. Retreat will be a time for you to take a look at who you are in relation to God and the people in your life--and in what direction your life is going. Many people have found that retreat can be a good time to think about important decisions like: "What do I want to do after high school?" Retreat is also a chance to get to know your classmates better, to get beyond the masks we often wear. Most of all, the two days can provide some time to discover how God is acting through the people and events of your life. You can expect small group discussions, large group sessions, liturgy with a priest from St. Xavier, music/video presentations, quiet time and some free time.