

Finding Peace.



A virtual retreat designed by the Magnificat High School Campus Ministry Team for our students

How Does A Virtual Retreat Work?

- It's optional.
- It contains a variety of activities and reflections.
- You can participate in one activity or every activity.
- The three themes are WELLNESS, NATURE, and ART.
- You can share this resource with your family and maybe participate together.
- The last slide includes information for follow-up "face-to-face" reflections with Campus Ministry - these, too, are optional.

*"Peace. It does not mean to be in a place where there is no noise, trouble or hard work.
It means to be in the midst of those things and still be calm in your heart."*

Be Still And Know That I Am God

Spend some time quietly reflecting on the prayer below. Close your eyes and sit with the words of the prayer for several minutes. Listen to what God is saying to you in the silence. Then answer the reflection questions in your journal.

*Be still and know that I am God.
Be still.
Be still, and know that I am God.*

*God is our refuge and strength,
A helper close at hand,
Close to my distress.*

*So may we not be afraid,
Though trembling is the earth,
Though all the mountains fall.*

*Though all the waters may rage,
The seas press all around,
My God will be my strength.*

*The rivers resound with great love,
The city sings for joy,
With God we will stand firm.*

*Consider the works of the Lord,
The labors God has done,
All conflict now will cease.*

*The Lord of creation is near,
A stronghold deep within,
Be still and know God's peace.*

*Be still and know that I am God.
Be still.
Be still and know that I am God.*

Reflection Questions:

What causes trembling and rage in your own life? How is God (or how can God be) a source of strength and comfort to you in times of uncertainty?

What helps you to feel close to God?

How much of a priority do you make your relationship with God? Are there any changes you want to make to this relationship?

If so, what are they?

Wellness

5 | Minutes

Make yourself a cup of your favorite hot beverage, pour it into your favorite mug.

Find a quiet place in your home, or outside, to sit.

Hold the warm mug in your hands, and just breathe.

1
0 | Minutes

Guided Meditation:
[“Re-Centering in Times of Uncertainty”](#) (8:44)

- Once you have completed the meditation. Take out your journal and write a one minute thank you note to God.

2
0 | Minutes

[Full Body Yoga Flow {Yoga With Adriene}](#) (19:17)

- [30 Minute Option:](#)
Take 5 minutes before yoga to write down how you're feeling. Take 5 minutes after yoga to write down how you're feeling. Notice any differences.

Nature

5 | Minutes

Go outside barefoot or in flip-flops.

Find a shrub or tree that is budding. Snap a quick photo of it and upload it to insta with #magsinbloom.

Use the same hashtag to see what others have posted. See the many shades of our community springtime!

1
0 | Minutes

Go outside with pen and paper. Reflect on the following questions:

- What is God saying to you through the wonders and beauty of nature?
- What aspects of nature bring you closer to God?
- Where do you feel God's presence in nature?

2
0 | Minutes

Head outside to complete this [Scavenger Hunt](#).

Art

5 | Minutes

Take a few minutes to begin and end your art experience with these [Prayers for Artists](#).

1
0 | Minutes

10 minutes or 10 days...
You decide :)

Check out this art activity Mrs. Barlow has designed for you: [Art Retreat Activity](#).

2
0 | Minutes

Included here are ways to share, reflect, and pray with your final piece: [Final Piece and Reflection](#).

Closing Prayer

(Inspired by the words of John O'Donohue)

* | Wellness

Let us be grateful for our inner sanctuary - that place in the soul where we have never been wounded, where there is still a sureness, confidence, and tranquility within us.

May there be kindness in our gaze as we look within. Amen.

* | Nature

Let us be grateful for the earth that offers ground for home and holds our feet firm to walk in space open to infinite galaxies.

May we live like a river flows, carried by the surprise of its own unfolding. Amen.

* | Art

Let us be grateful to our Creator who gifts us with creativity and imagination that we might discover such magnificent vastness.

May we feel most alive in the presence of the Beautiful - the presence of art - as it meets the needs of our soul. Amen.

Questions for reflection

What does it mean to me to "be at home within myself"?

How have different parts of this retreat, focused on wellness, nature, and art, helped me connect to my truest self?

How can I make more time for prayer and self-reflection in my life?

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“Face-to-Face” Reflection

Join Campus Ministry for a post-retreat reflection on one of the dates below:

Wednesday, April 22nd

or

Friday, April 24th

3:30-4:30pm

RSVP to avasiloff@maghs.org and she will email you the link for the Google Meet