

SOPHOMORE RETREAT SUPERB SELECTION OPTIONS

A. Superheroes Journey Bike Retreat September 17, 2023 – 28 participants

This biking retreat connects the physical challenge of a 30-36 mile extended bike ride with the challenges faced in daily life spelled out in Joseph Campbell's concept of the Hero's Journey. Students will be challenged to unite these themes with Christian call to live out the paschal Mystery. The student is responsible to arrange transportation to the starting point by 8:00 a.m. Sunday morning and from the ending point on Sunday afternoon. The student must be in good shape to ride 30-36 miles. The student must have an appropriate, suitable bike in very good condition for the trip.

B. Zoo Awesome Mystery of Life Retreat September 20, 2023 – 24 participants

On the Zoo photo Safari Retreat students will be invited to embrace the awesome mystery of life by developing a sacramental awareness that believes "there is always more than meets the eye." Through photography, wildlife education, and silence students will be challenged to embrace the awe and mystery of everyday that is always bigger than ourselves. In this way the student can more fully embrace the Ignatian idea of "Finding God in all Things."

C. "Marvel-ous" Heroes Biking Retreat September 24, 2023 – 30 participants

This biking retreat connects the physical challenge of a 30-mile round-trip extended bike ride with the challenges faced in daily life spelled out in Joseph Campbell's concept of the Hero's Journey. Students will be challenged to unite themes to the Christian call to live out the Paschal Mystery. The student is responsible to organize transportation to the trip starting and ending point on Sunday which is the Milford Retreat Center. The student must have an appropriate, suitable bike in very good condition for the trip.

D. Zoo Awesome Mystery of Life Retreat September 27, 2023 – 24 participants

On the Zoo Awesome Mystery of Life Retreat students will be invited to embrace the awesome mystery of life by developing a sacramental awareness that believes "there is always more than meets the eye." Through photography, wildlife education, and silence students will be challenged to embrace the awe and mystery of everyday that is always bigger than ourselves. In this way the student can more fully embrace the Ignatian idea of "Finding God in all Things."

E. Band of Brothers Retreat September 29, 2023 – 45 participants

This retreat connects the major themes of the award-winning series Band of Brothers with physical challenges. Students will have a 60-90 minute boot camp experience and team building activities led by Mr. Eby and Coach T. Students will discuss the "5 Marks of Manhood". This retreat will be held at St. X. Students should be familiar with the HBO Series "Band of Brothers".

F. Run The Race of Life Retreat October 8, 2023 – 30 participants

This retreat connects the physical, spiritual, and mental challenge of a 5K run with the challenges faced in everyday life spelled out in Joseph Campbell's concept of the Hero's Journey. Through Tai chi, meditation, sharing in small groups and the completion of a 5k run students will bond with one another and form a team. Participants should be able to run/walk at a 11-minute pace. We reflect on Hebrews 12:1 – "Let us run with perseverance the race marked out for us."

G. Hero's Journey Retreat (TBD in class) *This retreat is ONLY for Mr. Telles' and Mr. Getgey's Faith and Sacraments students*****

This retreat connects the physical challenge of team building camp and the spiritual challenge of teamwork with the everyday challenges in daily life spelled out in Joseph Campbell's concept of the Hero's Journey. Coaches Telles, Getgey, Eby, and Coach T will lead this retreat.

H. De-stress/Relax/Breathe/Yoga/Tai Chi Retreat October 18, 2023 – 20 participants

This retreat will focus on the Foundations of Yoga and Meditation. A part of this retreat will be silent. If you want to de-stress, relax, and breathe easier then this contemplative, more silent retreat will be for you. Students need to bring colored pencils, a towel, and comfortable clothes to move during Tai-Chi, Yoga, and meditation.

I. De-stress/Relax/Breathe/Yoga/Tai Chi Retreat October 19, 2023 – 20 participants

This retreat will focus on the Foundations of Yoga and Meditation. A part of this retreat will be silent. If you want to de-stress, relax, and breathe easier then this contemplative, more silent retreat will be for you. Students need to bring colored pencils, a towel, and comfortable clothes to move during Tai-Chi, Yoga, and meditation.

J. Wildman Walking Hero's Journey Retreat October 22, 2023 – 24 participants

This most popular retreat follows trails in the fantastically scenic area of Camp Joy in Clarksville, Ohio. There will be a 6-7 mile hike crossing creeks, streams, and walking through fields and forests with spectacular backgrounds. Students should be in good hiking shape and have proper foot gear and daypack with water bottles.

K. Camping and Hiking Retreat with Marquette and Jolliet April 21-22, 2024 – 30 participants

This retreat remembers the adventurous spirit of Jacques Marquette S.J. and Louis Jolliet who hiked and camped while accurately plotting the Mississippi River and establishing Michigan's first European settlement at Sault St. Marie and later St. Ignace, Michigan. This retreat combines the experiential elements of backwoods primitive camping with hiking and the Ignatian ideal of "Finding God in all Things". The retreat follows the themes of the Hero's Journey while challenging participants to embrace the Paschal Mystery in their personal lives. Students must be very physically fit to carry an overnight pack and equipment top the backwoods campsite. Students are responsible for transportation to camping area. Basic camping and hiking gear like a trail pack, sleeping bag, etc. are needed for the retreat.