



# ***The Emmaus Retreat***

## Some Frequently Asked Questions

***Q: What goes on during retreat? Are we just going to pray all weekend?***

A: While there are many opportunities for prayer, reflection, faith sharing, mass, and important discussions, we do many other activities during the retreat. There are times for relaxation and hanging out together, times to enjoy recreation (basketball, football, walking around the retreat house grounds), and time for conversation in small and large groups. We think there is a good balance between fun, relaxation, important conversations, and working on our relationship with God.

***Q: I'm not Catholic. Can I go on retreat?***

A: Yes! While the retreat is a catholic retreat, the themes and activities are certainly appropriate for those of other Christian traditions. Even if you are not of a Christian faith tradition, there are many meaningful activities which can be impactful on you personally and help strengthen your own faith.

***Q: I would like to go, but I don't think my family can afford the cost of the weekend.***

A: Money should never be a reason as to why a student doesn't go on retreat. If you would like to go and paying for retreat is a concern, please come speak to Deacon Ron, Mr. AP, or Mr. CP privately. We can work with your family to make the retreat as affordable as possible.

***Q: I keep asking my friends about what goes on during retreat, but none of them will tell me anything. Why are they so secretive?***

A: Nothing that happens on retreat is meant to be a secret and nothing "magical" happens during the weekend. We typically do not discuss the retreat activities as to not ruin the experience for future retreatants or build up expectations. You wouldn't want someone to tell you everything that happens on the next episode of your favorite Netflix series. You want to have the experience of watching the show for yourself. You also wouldn't want a friend to tell you, "You won't believe what happened on the show. It was the GREATEST episode I have ever seen!" Then, when you watch the episode, you aren't that impressed by it, and because your friend built it up, you are kind of disappointed afterwards. We try not to ruin or spoil the retreat, but allow retreatants to experience the weekend for themselves and come away with their own special experience.

***Q: I get the feeling that Emmaus is a secret club that only certain students can be a part of. Is that true?***

A: Absolutely not! All students are welcome, encouraged, and invited to make the retreat. The retreat is not mandatory, but is open to all juniors and seniors.

**Q: I'm more of a private person. I don't think I would be comfortable talking about myself or sharing things about my life.**

A: That's OK. All of us are different. No one is ever forced to share or do anything that makes them uncomfortable. You are free to share and discuss as much or as little as you would like. There are also many different activities that give retreatants opportunities to be with each other in different settings. (public, private, small group, large group, one-on-one, formal, casual) There are many ways for retreatants to get to know one another. We hope that you will find a setting that works for you and where you can talk about the important things in your life.

**Q: What are the sleeping arrangements?**

A: Retreatants will stay in a dormitory style room. Each room typically sleeps 5-8 students. There is a common bathroom with private showers on the floor.

**Q: What will we eat?**

A: Part of the experience on retreat involves the entire retreat community helping to prepare meals. There will be many opportunities for you to help out in the kitchen to prepare meals for the retreat. The menu is consistent for each retreat. Pasta, Salad, Pancakes, Hot Dogs, French Toast, Cereal, Turkey, Stuffing, and Mashed Potatoes are some of the typical menu items. (Not all at once...that would be weird.) There are also snacks available throughout the retreat for all to enjoy.

**Q: When is the cutoff date for retreat sign-ups? Do I really need to sign up long in advance?**

A: There is a lot of planning and preparation that goes into making these retreats happen and we begin making arrangements as early as 10 months in advance. If you are thinking about going, we ask you to commit and sign up three weeks before the retreat at the latest. We are just not able to add retreatants at the last minute. If you know you are interested, we encourage you to sign-up as soon as possible. Typically, retreats are designed for 22 retreatants, plus the senior team, and adults. Retreatant spots are on a first come, first served basis. Sign-ups for the next school year's retreats open in the spring of the previous school year.

**Q: Honestly, is it worth my time? I'm not that religious and I don't really see myself doing this...**

A: Since our retreat program began in November 2004, over 1400 students, faculty, and alumni have made the retreat. From our experience since then, the overwhelming majority of those 1400+ people would say yes, it is completely worth it! But, don't take our word for it. Here are just a few thoughts from some recent student retreatants about their own retreat experiences:

*"It was so much more than just getting away for a weekend. It's an enrichment of faith and love for the people around you." – Junior Retreatant*

*"At first, I was nervous to sign up. But now, I do not regret going. I encourage all to take this opportunity to make friends and be in touch with God on a greater level." – Senior Retreatant*

*"You don't have to have a set face or mindset to go on Emmaus. Retreat accepts the broken and unbroken. It was such a fun and relaxing experience that I feel that everyone could use." – Senior Retreatant*

*"The Emmaus Retreat is an experience where you learn things you'll keep with you for the rest of your life. Just go on it; you'll know what I mean later!" – Junior Retreatant*

***We hope this helps. Interested?  
Stop by the Campus Ministry Office to sign up for retreat today!***