

**St. Max Women's Lenten Retreat 2002 – *Consider it all joy!* James 1:2**  
**FAQ SHEET**

**What is the cost of this retreat?**

There is no cost for this retreat. It is a gift to you from our parish and the retreat team.

**Can I come to only 1 session?**

The retreat is designed as an entire weekend with an intentional beginning, middle and end. It is best if you are able to make arrangements to attend for the whole weekend, but we understand if it is not possible.

**How will cancellations be handled?**

We will not have to cancel this retreat! There is an on-line option. Should anything interfere with our ability to gather in the church, we will still be able to hold the retreat using our web site which has the binder documents and links to videos and Stream Spot.

**What is spiritual journaling?**

Spiritual journaling is an ancient practice of the saints. Journaling can be a place for prayer and/or reflection, an ongoing list of things we are thankful for or intentions we are praying for, a diary of the events of the day, a conversation with yourself or God, a place to ask questions, a place to answer questions, doodling or sketches, etc. It is a place to pour out your thoughts in the presence of God. Your journal is a place to spiritually share yourself with God and with yourself. It captures the journey of your heart. Through journaling, we often to grow in faith, love, and trust of God. When we go back to reflect and reread our journal, old entries may speak even more than when they were first written. With a few months of journaling, themes may emerge. The main goal is to help us focus on God more, to set aside time to speak to Him, and to let Him speak back to us.

**What is a prayer partner?**

In Matthew 18:19-20, we hear Jesus say to us, 'Again, I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father. For where two or three are gathered together in my name, there am I in the midst of them.'

During the retreat, there will be designated times and suggested discussion prompts. If you are already on a spiritual journey with a prayer partner who is attending the retreat, please let us know her name. If not, the retreat team can match you with a prayer partner. If you have a prayer partner who is not attending the retreat, we suggest that you allow us to match you with another retreat attendee. After all, is it even possible to have too many partners in prayer?

### **What is a spiritual bouquet?**

A spiritual bouquet is a collection of devotional acts that we promise to perform on someone's behalf. For our retreat, we will have a table in the Gathering Space to gather our spiritual bouquet by writing down promises we will offer for Fr. Simon Peter, our retreat director, and for Fr. Riehle, our pastor. For example, promising to offer: a mass, an Adoration hour, a Rosary, etc. We will collect the promises until the close of our retreat session on Saturday evening and present the bouquet Sunday evening.

### **What is our optional activity/service project for Uganda?**

Our sisters in Uganda have very few resources for learning about the Saints. Our optional activity is to create simple quilt squares that will be assembled into a wall hanging that will resemble a stained-glass window for the women of St. Patrick's to display at their parish. The squares will be of traced and colored images of the Saints and our Blessed Lady. This optional activity will require no special skills, just simple tracing over a black line picture and coloring it with fabric markers. We've tested this. It comes out great! Our activity will take place at St. Max during the retreat weekend and all materials will be provided. Please refer to the schedule for specific times and location.

### **What should I bring with me?**

When you register the first day, you will receive a name tag, binder with materials for the weekend, and a pen. Everything you need will be provided. However, if you have a spiritual journal that you are already using, you are certainly welcome to bring it and use that to write journal entries in. Also, if you are in the habit of spending regular time meditating with Scripture, you may want to bring your Bible.

We will have new bibles and catechisms available for those who would like one. These have been generously donated for our retreat.

### **What should I wear?**

We suggest comfortable clothing and layers. We will be sitting in the church for most of the retreat.

### **Will food be provided?**

We will have bottles of water and single serving-snacks in bags available throughout the retreat. These can be consumed during the break in the gathering space or in the cry area of the vestibule at any time. Please remember that no food or beverages of water are allowed in the church. On Friday, you may sign up for the optional fish fry dinner. The menu for that will be fried fish, French fries, coleslaw, beverage. Saturday morning following Mass, we will have coffee and simple breakfast foods (muffins, bagels, yogurt and granola) to hold us over until 11am.