



VIRTUAL RETREATS for ALL AGES

During this time of COVID-19, the Br. David Darst Center is eager to continue justice education and faith formation through online retreats workshops. People of all ages are still hungry for opportunities to dive into experiential learning, dialog, and action to address injustices in our world. We know those of us with marginalized identities are hit hardest by the pandemic, so this is a particularly important time to ask critical questions about how to live as one human family, address systemic injustices, and truly #SeeItDifferently.

Please see below for options to engage in virtual retreats. We are also open to a conversation to adapt one of these options to your needs and your community.

NOTE: Each option below would focus on one of the Darst Center's 'Burning Issues', including incarceration, immigration, homelessness, food insecurity, and education. Each option can also incorporate the impact of COVID-19 on marginalized communities, including questions about access to healthcare, distribution of resources, and workers' rights.

OPTION ONE: Day-Long Retreat

- Day-long retreat focused on one of our 'Burning Issues'
- Retreat is 6 hours with two short breaks and a longer lunch break
- Retreat takes place either on Zoom account managed by the Darst Center or on your group's preferred meeting platform (which Darst Staff will need to be trained in navigating or have tech support from your group involved in the retreat)
- Session 1 - Welcome & Grounding
 - Darst Center staff establish a Brave Space, community agreements for the retreat, establishing a shared understanding of the purpose of today's retreat
 - Reflection to ground us in the focus of the day (prayer if religious group)
 - Small Group introductions and opening reflection activity
- Session 2 - Shared Reading/Video & Dialog
 - Participants read an article or watch a video connected to the retreat theme and Burning Issue focus for the day, then answer reflection questions
 - Small Group dialog
 - Jamboard as an online posterboard to capture responses, ideas, and questions



- Lunch
- Session 3 - Partner Agency Speakers
 - Participants hear from a representative who works at Darst Center partner agency (who also joins the retreat virtually) to share about their work, the organization's mission, and have Q&A
 - *a portion of the cost for online workshops will be donated to the participating partner agency in lieu of in-person service at this time*
 - Small Group conversation
- Session 4 - Discernment and Action Planning
 - Darst Center staff facilitate follow-up dialog, sharing, and guiding participants in creating action plans for local impact
 - Participants reflect individually and in small groups
 - Closing ritual in large group and final prayer to end the day

OPTION TWO: 2-Day Retreat (with time in between for service)

- Two-day retreat focused on one of our 'Burning Issues'
- Retreat is two parts; each part is 4 hours (with breaks); 8 hours total
- Retreat takes place either on Zoom account managed by the Darst Center or on the school's meeting platform (which Darst Staff will need to be trained in navigating or have tech support from your group involved in the retreat)
- PART ONE
 - Session 1 - Welcome & Grounding
 - Darst Center staff establish a Brave Space, community agreements for the retreat, establishing a shared understanding of the purpose of today's retreat
 - Reflection to ground us in the focus of the day (prayer if religious group)
 - Small Group introductions and opening reflection activity
 - Session 2 - Shared Reading/Video & Dialog
 - Participants read an article or watch a video connected to the retreat theme and Burning Issue focus for the day, then answer reflection questions
 - Small Group dialog
 - Jamboard as an online posterboard to capture responses, ideas, and questions
 - Session 3 - Partner Agency Intro and Service/Advocacy Logistics
 - Darst Center staff introduce partner agencies we are supporting and their mission
 - Participants sign up for various ways to support the partner agencies in the coming week (e.g. delivering food, letting writing, donating supplies, gardening)



- Closing Prayer

*****Participants then take action for location agencies before the second retreat day*****

- PART TWO
 - Session 4 - Partner Agency Reflection
 - Participants share insights and reflections from their service experiences
 - Participants hear from a representative who works at Darst Center partner agency (who also joins the class virtually) to share about their work, the organization's mission, and have Q&A
 - *a portion of the cost for online workshops will be donated to the participating partner agency in lieu of in-person service at this time*
 - Small Group conversation
 - Session 5 - Discernment and Action Planning
 - Darst Center staff facilitate follow-up dialog, sharing, and guiding participants in creating action plans for continued local impact
 - Participants reflect individually and in small groups
 - Closing ritual in large group and final prayer to end the day