

TURNKEY RETREAT GUIDE

Summary: The objective is to provide the opportunity for Brother Knights to share their innermost spiritual beliefs and experience. The approach is to facilitate faith-sharing through “Knight to Knight sharing” in small groups, using the “Knights to Christ” meditations as spiritual tools for expression. The Retreat Facilitator’s mission is to establish a “comfort level” for open and uninhibited sharing; to establish a prayerful atmosphere; and to guide the Retreat efficiently.

The Knights to Christ Retreat focuses on the 4 guiding Principles of the Order: Charity, Fraternity, Unity and Patriotism. These Principles are thoroughly exemplified in the Meditation book, “Knights to Christ.” Further, pertinent questions at the end of most of the readings in the book provide the means to explore our personal reflections on the subject matter.

LOGISTICS OF THE RETREAT

The Council leadership shall establish the date, time and location of the 1-day Retreat during its annual planning session or another appropriate time. The Retreat should be promoted by way of reminders at Business meetings. Sign- up sheets are to be distributed at least 3 months prior to the Retreat or sooner, if feasible. The Retreat Agenda should be distributed at least 2 months prior to the retreat.

A Retreat Facilitator is selected when the Retreat date is set. Ideally, he will be the Council Chaplain, the Church Director or someone selected by the Grand Knight. His job is to assist in the preparation of the Retreat Agenda and to facilitate the Retreat onsite. He should obtain assistance from other Council members as needed.

Note: this Retreat is participatory, meaning Knights are expected to participate in small groups that are set up at the beginning of the Retreat by the Facilitator. He will establish small groups of 4-6 Knights. A “Discussion Leader” will be selected by each group. He will suggest that retreatants prayerfully pay attention to all their thoughts, feelings and emotions that rise in them during their small group sharing.

The Council Warden makes arrangements for the Retreat location, Continental Breakfast, snacks, etc. If the Retreat facility cannot provide lunch, the Warden makes other arrangements. If the Council subsidizes the cost of the retreat, members may want to contribute their fair share to offset the Council’s costs.

Each Knight attending the Retreat will be provided a copy of the “Knights to Christ” Meditation Book, , which he will use during the group discussion sessions.

At the beginning... the Retreat Facilitator does his best to provide an inspiring opening talk, usually @ 5 minutes or so. The talk should attempt to motivate those participating to relax for the time we spend together and allow the Holy Spirit to open their eyes and hearts to the possibilities of the day. The Facilitator should be a daily reader of “Knights to Christ,” in order to share his heartfelt personal impressions from the Meditations.

(Optional)- The Facilitator distributes large votive candles to each Discussion Leader. This is done just after his opening talk. He brings the Discussion Leaders to the podium. He provides quick summary of directions to them, has the candles lit, and sends them to the group they are assigned to. They take their t candles with them and place them on their tables. Later, at Mass, they take their candles with them and place them on the altar.

Note: Another symbolic ceremony of this type is certainly appropriate.

Venue: select a location away from Council Chambers or your parish. It’s important to separate the retreat from potential hullabaloo and familiar surroundings for peace and quite. We recommend Mother Cabrini Shrine. It’s inexpensive, has good food and offers abundant rooms for private faith-sharing.

Important: while this format provides a “turnkey” approach, it is wise to seek advice and input from those with experience. SK Jim Hiltenbrand is the State of Colorado Retreat Director who will assist you through all the details of the retreat. Contact him at 303-986-2301; jim.k2c@yahoo.com. He will be glad to assist you.

Agenda

- 8:00: Breakfast and Fellowship
Side bar of coffee, tea, and lemonade during the day
- 9:00: Opening prayer, Invocation, overview, and discussion groups selected
- 9:30 – 9:35: Charity presentation
- 9:35 – 10:20: Charity discussion group
- 10:20 – 10:30: Break
- 10:30 - 10:35: Unity presentation
- 10:35 – 11:20: Unity discussion group
- 11:20 – 11:30: Break
- 11:30 – 12:00: Reflection time – Self time – Prayer time
- 12:00 – 1:00: Lunch
- 1:00 – 1:05: Fraternity presentation
- 1:05 – 1:50: Fraternity discussion group
- 1:50 – 2:00: Break
- 2:00 – 2:05: Patriotism presentation*
- 2:05 – 2:50: Patriotism discussion group
- 2:50 – 3:00: Break
- 3:00: Mass or some other Spiritual activity.
- 4:00: Evaluation sheet, Grace Moments**, and Fellowship
- 4:25: Closing prayer and adjournment

*It is recommended that the Colors be posted, followed by the Pledge of Allegiance prior to the session on Patriotism.

**Grace Moments are spiritual thoughts or ideas occurring during the session

Instructions for TABLE LEADERS

1. Maintain our time line on the agenda.
2. Leaders open the table discussion by reading the definition of the Principle from Knights to Christ (p. xii- Charity; p. xiv-Unity; p. v-Fraternity; p. xvi-Patriotism. Then he reads the meditation for discussion from the suggested list, attached).

Answer the questions below, (#3) and encourage others to participate

3. Inform your group that they ask themselves the following questions while the meditations are read.
 - a. What does the text say to me?
 - b. What moved me spiritually?
 - c. How am I changed by my consideration of the text?

4. Minimize “the talker” if he is hogging our time.

Draw out the quiet Brother - Remember: Still water runs deep.

5. At the end of the day or after Mass- you will be asked:

What struck your group about the readings?

How did the spirit work in your group?

K2C Readings for discussion groups*

<u>Charity</u>	<u>Unity</u>	<u>Fraternity</u>	<u>Patriotism</u>
FACILITATOR**			
Page xii	Page xiv	Page xv	Page xvi
TABLE LEADER**			
Page 229	Page 328	Page 105	Page 158
Page 19	Page 359	Page 210	Page 326
Page 5	Page 233	Page 234	Page 18
Page 358	Page 310	Page 10	Page 270
Page 148	Page 6	Page 262	Page 11
Page 78	Page 209	Page 224	Page 74
Page 190	Page 37	Page 108	Page 249
Page 96	Page 132	Page 241	Page 255
If discussion is dead – Pick any page on Charity	If discussion is dead – Pick any page on Unity	If discussion is dead – Pick any page on Fraternity	If discussion is dead- Pick any page on Patriotism

* Table leaders select readings; may be more than one if time provides.

** Facilitator reads the definition of the Principle that will be under discussion at the beginning of the discussion session.

Knights to Christ retreat evaluation information

Thank you Brother, for taking a moment to tell us your thoughts.

On a scale of 1-10 (Ten being the best) How would you rate this retreat? _____

On a scale of 1-10 Were you spiritually motivated? _____

On a scale of 1-10 What was your sense of Brotherhood? _____

Would you attend a similar retreat next year? _____

Should our Council start a Faith Sharing Group, to continue the sharing on a weekly basis?

Yes _____ No _____

Did the retreat deliver what you expected? _____

Do you feel the retreat was well organized? _____

Did the facilities enhance your sense of spirituality? _____

Do you have any suggestions or ideas that would make the retreat better?

Your age _____ Name -Voluntary _____ "Thanks, Brother"

(SAMPLE)

After Mass

Thank Father for saying Mass and all dignitaries for their participation

And so my Brothers, How many of you think this day was of value? – Fantastic and Thank You

We at the Spiritual Enrichment Initiative Team, would appreciate your time and thoughts on our evaluation sheet coming down the aisle at this time.

While evaluation sheets are being completed, I'd like to take some time to discuss our day.

Ask discussion Leader(s)How did the Spirit work in your group today?

Hand in evaluation sheets

Follow along with me on Page XXV of the index – read Page XXV on Faith sharing Groups

How many of you said that you would attend a faith sharing group on a weekly basis?

(Encourage those in attendance to establish a faith sharing group)

Closing prayer (Page 377), (Join Hands), and candles extinguished

Adjournment