

Confirmation retreat outline

This outline should get you started on a two-day retreat for your confirmation's students! there will be some prep needed and there will need to be adjustments made but you should be able to copy and paste any of this into a word DOC. And make it your own! We will be praying that you have a great time and that God enters the hearts of your students!

-Wyat Olivas

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1. Finding a Theme: Centered on the Holy Spirit

The theme should clearly connect the students' current spiritual journey to the Sacrament of Confirmation.

1. **Pray & Collaborate:** Continue to ask the Holy Spirit to guide your decisions. Talk to your core team and students.
2. **Find Your Core Verse:** Choose a verse that is active and focuses on **mission, strength, or outpouring of the Spirit**.
 - *Suggestions:* Acts 2:17 ("I will pour out my Spirit upon all flesh..."), 2 Timothy 1:7 ("For God did not give us a spirit of timidity but a spirit of power and love and self-control."), or John 14:26 ("...the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything...").
3. **Develop a Simple Tagline:** A short, memorable tagline makes the theme "fun" and easy to grasp.
 - *Example:* If the verse is 2 Timothy 1:7, the theme could be "**Unleashed: Power, Love, and Clarity.**"
4. **Connect it to the Gifts:** Ensure the theme naturally leads into the seven **Gifts of the Holy Spirit** (Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord), as these are the fruit of the sacrament.

2. Picking and Assigning Helpers

A strong team means clear, distinct roles. This prevents burnout and confusion.

High School Helpers (Mentors)

- **Role:** Energy leaders, small group assistants, relational role models.
- **Expectation:** They should focus on **leading icebreakers, running games, and sharing their genuine post-Confirmation journey** (as you suggested). They partner with an adult catechist for small group discussions but do not lead the theological content.

Adult Catechists & Small Group Leaders

- **Role:** Facilitators of reflection and discussion, responsible for guiding theological material.
- **Expectation:** Give them a **detailed Small Group Leader Guide** with talking points and questions *ahead of time*. Since they've worked with the students all year, they should focus on **deeper one-on-one and small group mentoring** rather than giving talks, as you noted.

Speakers

- **Role:** Witnesses to the Faith, connecting Confirmation to real-life service and mission.
- **Expectation:** Ask speakers to focus on a **single Gift of the Holy Spirit** or a **specific pillar of Catholic life** (Prayer, Community, Service). Their talk should be 15-20 minutes, followed by 5 minutes of Q&A. *Great ideas include:* people running soup kitchens, but also **Eucharistic Adoration coordinators, youth ministers, or newly confirmed young adults**.

3. Two-Day Sample Retreat Schedule (The Core Content)

Day 1: Friday (Theme: Gathering & Identity)

Time	Activity
5:00 PM	(Optional: Team Arrival & Prayer)
6:00 PM	Student Arrival & Check-in
6:30 PM	Dinner (Taco Bar)
7:30 PM	Icebreakers & Rules (Led by High School Team)
8:30 PM	Talk 1: My Identity in Christ (Adult Speaker)
9:15 PM	Small Group Discussion I (Reflection on Talk 1)
10:00 PM	Night Prayer & Adoration (15–20 min exposure)
10:30 PM	Snack & Free Time
11:30 PM	Lights Out

Day 2: Saturday (Theme: Gifts & Mission)

Time	Activity
8:00 AM	Morning Prayer (Liturgy of the Hours, simple)
8:30 AM	Talk 3: Gifts of the Spirit
9:45 AM	Small Group Discussion III (Focus on personal Gift)
10:30 AM	Outdoor Game/Rec Time
12:00 PM	Lunch (Leftovers/Pizza)
1:00 PM	Service Speaker Talk
2:00 PM	Talk 4: The Role of the Church (Community)
3:00 PM	Small Group Discussion IV

Time	Activity
4:00 PM	Break/Personal Reflection Time
5:30 PM	Dinner (Olive Garden Pasta)
7:00 PM	Talk 5: Call to Holiness (Vocation)
8:00 PM	Witness Talk (Post-Confirmation H.S. Speaker)
9:00 PM	Sacrament of Reconciliation/Adoration
10:30 PM	Lights Out

Day 3: Sunday (Theme: Sending Out)

Time	Activity
8:30 AM	—
9:00 AM	Reconciliation (Available)
9:45 AM	Prayer Activity: Anointing (Blessing for students)
11:00 AM	Mass (If possible, or send-off)
12:00 PM	Parent Pick-up & Farewell
	Closing Talk: Living Confirmed

4. Picking Food & Logistics

Enhanced Meal Plan & Shopping List

Meal	Description	Shopping List (Expanded)	Notes/Prep
Dinner (Day 1)	Taco Bar (Easy & customizable)	Ground Beef/Turkey, Taco Seasoning, Shredded Cheese, Sour Cream, Salsa, Diced Onion, Shredded Lettuce, Tortillas (hard & soft), Rice, Canned Beans.	Account for vegetarian/vegan options (black beans/rice as main).
Breakfast (Day 2)	Quick, self-serve options	Coffee (for adults), Juice, Fruit (Bananas, Apples), Eggs, Onion, Pancake Mix & Syrup , Bread (for toast), Granola Bars.	Pre-chop onions for the eggs/tacos/pasta.
Lunch (Day 2)	Quick & Simple (Pizza or Sandwiches)	Lunch Meat, Cheese, Bread, Condiments (Mayo, Mustard), Chips/Pretzels, Dessert (Cookies) .	Allows a break from cooking.
Dinner (Day 2)	Olive Garden Chicken Pasta	Pasta, Shredded Chicken, Olive Garden Italian Dressing, Garlic Bread, Salad (lettuce mix, tomatoes, cucumbers).	Heavy, but a crowd-pleaser and easy to reheat.
Snacks/Drinks	All Day Access	Water Bottles/Cooler, Juice Boxes, Soda (limited), Tea, Lemonade, Energy Snacks (Trail Mix, Pretzels, Fruit Snacks, Cereal) .	Keep snacks visible and available throughout the day.

Essential Logistics & Supplies Checklist

Category	Item	Notes
A/V & Tech	Projector & Screen, Laptop, Speakers, Extension Cords/Power Strips , HDMI Cable, Microphone .	Test all tech <i>before</i> the retreat starts.
Materials	Bibles/Catechisms (if required), Notebooks & Pens, Small Group Leader Guides (printed), Markers & Flip Charts .	Use flip charts for brainstorming and rules.
Environment	First Aid Kit , Emergency Contact List, Nametags, Signage (directions to rooms), Trash Cags/Liners .	A designated "Prayer Room" for students to take some time to pray.
Activities	Supplies for games (e.g., balls, index cards), Candles/Altar Items for Prayer, Snack/Coffee Station Supplies .	

5. Follow-Up (Post-Retreat)

- **Thank You Notes:** Send personalized thank you notes to every speaker and helper.
- **Student Feedback:** Use a simple, anonymous survey to get feedback on what worked and what didn't.
- **Next Steps:** Send a follow-up email to students with resources for local service projects and youth group schedules to encourage them to take the "next steps" they learned about.