



**CATHOLIC  
ECOLOGY  
CENTER**



# RETREATS



*Deepening faith and fostering a stewardship ethic through hands-on encounters with God's creation.*

At the Catholic Ecology Center, the beauty of God's creation comes alive with engaging, year-round retreat programs for all ages. Our diverse programming utilizes the amazing 60 acre property of the CEC which includes prairies, forest, wetlands, an organic farm, pond, creek and river. Our amazing indoor facilities allow for countless opportunities for programming. You can even combine our retreats with ecology programming to make the most use of your time at the CEC.

We look forward to having you join us for an amazing, faith-filled experience that participants will never forget!

  
Joe Meyer  
Executive Director



## *Parts of a Retreat*

### RETREATS CAN CONSIST OF 4 MAJOR COMPONENTS

- Deepening Faith
- Team Building
- Instilling Wonder
- Living our Faith through Service

We are happy to build a retreat focusing on one or more of these components. Choose from our popular retreats or create a custom retreat for your group.

**Timeline:** Year-round retreats can be half day, full day or even multi-day with our overnight options of bunk cabins or camping.

**Sizing:** Most Retreats are for 10-75 participants, although we can create a retreat for just a few individuals or up to 150 participants.

**Catering:** Options available upon request.

## *Who Can Come to Retreats?*

### SCHOOLS

- Any grade level K-12
- School Faculty and Staff

### POPULAR RETREATS

- 8th Grade Leadership Retreat
- High School Senior Retreat
- Middle School Faith and Service Retreat
- Team Building Retreat
- School Faculty/Staff Retreat

### PARISHES

- Religious Education
- Youth Ministry (any level)
- RCIA/Adult Formation
- Parish Staff

### POPULAR RETREATS

- Middle School Faith and Service
- Confirmation
- Adult RCIA
- Parish Staff Retreat

*Other groups or organizations are welcome!*





## Deepening Faith

*These components use the beautiful indoor and outdoors spaces at the CEC.*

*They can make up 25%-100% of your retreat.*

- Faith and Ecology Hike
- Guided Journaling and Reflection
- Laudato Si'/Catholic Social Teaching
- Outdoor Stations of the Cross
- The Power of Prayer
- Faith Scavenger Hunt
- Lectio Divina
- Finding God in Beauty Art Activity
- Adoration and/or Mass

*Priest provided by your school or parish*



## Team Building

*These engaging activities utilize our diverse team building elements.*

*They can make up 25%-100% of your retreat.*

- Communication
- General Teamwork
- Leadership
- Problem Solving

### ADDITIONAL OPTIONS

- Frisbee Golf
- Arts and Crafts
- Canoeing
- Snowshoeing/XC Skiing







## Living Our Faith Through Service

*These hands-on projects will enliven our faith that is called into action. They typically run 30 minutes - 1.5 hours. Can be longer if requested.*

- Service Projects - vary by time of year, age and size of group.
- Clare Gardens Organic Farm Guided Tour - including hoop house, greenhouse, vegetable fields and visit to the Holy Hen House.



## Instilling Wonder

*These experiential activities will open your senses to the beauty and intricacies of God's creation all around us. We will utilize the diverse habitats on the CEC property including the prairies, pond, creek, river and woodlands.*

*They can make up 25%-50% of your retreat.*

- Faith and Ecology Hike
- Live Animal Program
- Ecology Program

Choose from our ecology program offerings varied by season. You can view those on our website under the Educational Programs tab.

[catholicecologycenter.org](http://catholicecologycenter.org)







## *Ready To Book A Spirit-filled Retreat?*

Want to combine a retreat with elements of an ecology program, team building or service project?

Have questions about schedule or pricing?

### **Contact Us**

262-419-8558

[info@catholicecologycenter.org](mailto:info@catholicecologycenter.org)

[catholicecologycenter.org](http://catholicecologycenter.org)