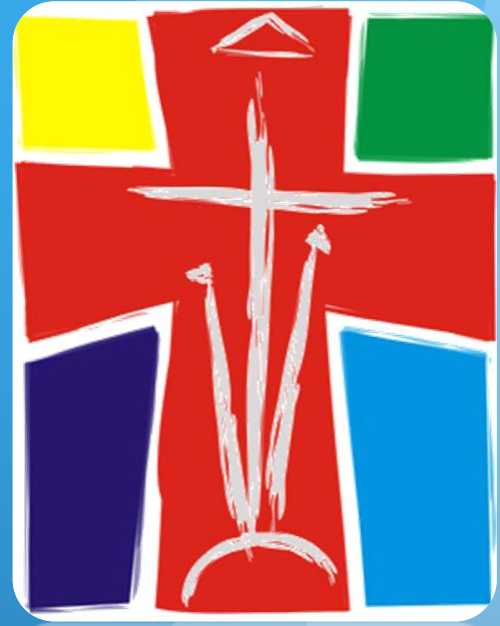




School Retreat

Programmes

2015/16



Mission Statement

“Inspired by Jesus Christ, we engage with young people in exploring faith and life issues and journey with them in discovering their worth and potential to live life in service of others.”



Mission Statement

“Our Lady and St. Patrick’s College, Knock cares for young people in a way that encourages them to develop to their full potential within a supportive Christian community. We seek to prepare our students to play an active and responsible role in society, and to use their talents for the service of others.”



Redemptorist Community to create an atmosphere of outreach, welcome and faith, where young people have the freedom to discover the plentiful redemption of Jesus

It is important to take time out of our ordinary life to reflect and relax. It is even more important for young people who are at a crossroads in life to have this time away from the stresses and pressures of modern life. The Retreat provides a perfect opportunity to do this.

Our Lady and Saint Patrick's College, Knock works in partnership with the Clonard Youth Ministry Team. The Team provides school Retreats for Year 8, 9, 10 and 12 students. At the heart of the Retreat programme is the creation of a welcoming, caring and safe environment that encourages the participation of all young people.

School Retreat Programmes

A wide range of techniques and activities are used to provide an enjoyable and stimulating experience. These include large group activities and games, small discussion groups, role-play, music, drama and Para-Liturgies.

Each of the activities is designed to encourage the participation of all students and to raise their self-esteem. The views and creativity of young people are valued and celebrated. Teamwork and communication skills are also developed.

The young people explore a range of relevant life issues in an age appropriate manner.



Year 8

Theme: Friendship

The Year 8 Retreat explores their new beginning in secondary school. We focus on their transition from primary 7 to Year 8. It is an opportunity for the young people to get to know one another and to discuss how they can become a better friend.

Year 9

Theme: Advent

Retreats are built around the Liturgical Year. Year 9 students participate in an Advent themed Retreat. Young people were allowed the opportunity to disconnect from the commercialised Advent and reconnect with the true meaning of Christmas in a creative and reflective style.

Year 10

Theme: Light

The young peoples journey of personal discovery is highlighted with their Retreat in Year 10 when the focus is primarily on their own gifts and talents. In this year of Mercy the young people are asked: How can they be Merciful like the Father? And how can they let their light shine?

Year 12

Theme: Ideal World/ Crossing Over

Year 12 Retreat is a full day. The focus is the world around us. It allows the students the opportunity to reflect on their life journey and future choices. The young people are challenged their role and contribution to society as young adults.

The sacredness of the Oratory is at the heart of the school. Retreats in Years 8, 9 & 10 are facilitated in the Oratory.



Clonard Monastery provides the perfect location for Year 12 Retreat. A place of great prayer and welcome.

Feedback Year 12

NAME	COMMENT
Beth McBride	Thank-you for an enjoyable day!
John Toner	Cheers for all the efforts on a great day.
Paul Flynn	Thank-you for hosting an enjoyable and interesting day.
Terence Hemandez	Cracking day! Thanks for everything.
Conall Hughes	It was an enjoyable experience, thank-you.
Amy Smyth	Really fun and relaxing.
Grace Jennings	A great break from school.
Finbar McEvoy	Disappointing that this is our last Retreat. A really good day.
Rebecca Gorman	Good day, it was very relaxing and I really enjoyed it.
Olivia Ewing	Thank-you for a very enjoyable time and some time out.
Olivia Price	Thank-you for a chilled and relaxing day away from school.
Ronan McSorley	Thank-you for a great day and a great experience.
Melanie Scott	Wish we could do it more often.
Clare Dempsey	I think Retreats should be a regular occurrence.
Shay Farren	This has made me feel very religiously nourished.
Louise McKeown	Thank-you. A great and stress-free experience.
Morrian McManus	I really enjoyed my time. The team leaders were really friendly. Great day to relax! Thank-you.
Olive Mulvenna	Had a great day with my class. The games were fun and the Church is beautiful. Thanks.
Meave Deery	I have really enjoyed my day at Clonard and would love to come back! I have had lots of fun and made good memories. Thank-you.
Peter Donnelly	A totally refreshing experience. One that will live long in my memory.
Amy McKenna	Good to talk about issues relating to us.
Charlie Keown	A very refreshing and enlightening venture.
Evie Smyth	Had a good day! It really opened my mind.

Feedback Year 10

NAME	COMMENT
Ryan Black	I really enjoyed the day and the reflection.
Oliver Corrigan	I enjoyed the day, it really got me thinking.
Luke Naylor	It has been a very enjoyable day and I have had a lot of fun.
Anya Farley	I enjoyed today and learning about God.
Molly Lyons	I really enjoyed learning my values.
Ewan Wilson	I liked the group work.
Sarah Jennings	I enjoyed this experience and I enjoyed the friendliness of the workers. I also enjoyed the games.
Jude Lynam	I really enjoyed this retreat as I have been looking forward to it for ages. They are so fun and relaxing and I want to do it every year as it is splendid.
Ronan McGeough	I enjoyed talking about what I would do to make people happy.
Matthew Carville	This day has been an enjoyable and fun one. If I had a chance to do it again, I would. It was nice talking to older people and it shows that we can interact with anyone.
Liam Hogan	I enjoyed today because it was a break from work and it was quite relaxing.
Anna McKee	I enjoyed today and hope to do this again in the years to come.
Eva McShay	Today was very fun and the atmosphere was very good.
Aoife Bell	I thoroughly enjoyed today and cannot wait until I get to have my next Retreat.
Sarah Leonard	Today was great fun but we can leave with a powerful message and we all learnt something.
Carla Dynan	I really enjoyed it especially the meditation part.
Abigail Logan	This is my third Retreat in this school and I have enjoyed all 3 very much, hope to do this again soon.
Patrick Devlin	It was very fun and I learned so many new things.
Matthew McGuigan	Relaxing, enjoyable and reflective.
Eoin McGeown	I had a brilliant time! Thank you so much.
Riley Napier	Relaxing & fun. Made you think more about advent.
Louise O'Dowd	Really fun, thoroughly enjoyed it.
Sean Smith	I think that the Retreats we have are very relaxing special times. I think it would be a shame if we didn't have them each year.
Khara Edgar	I really enjoyed the day and it was a good experience.
Liam Donaldson	This retreat is always a highlight of my school year and a very happy special memory. The games & prayers are extremely fun and relaxing.