

Student Retreat Reflections

Grade 7 Retreat, by Elizabeth Ormsby

This September the two grade 7 classes went on an amazing retreat, which helped us begin this new school year with a refreshed mind and spirit. The retreat opened with an uplifting Mass in our school chapel. During the retreat, we worked together in small groups, and did activities, such as the trust game. We read short stories and answered questions about the stories that helped us understand our blessings and the complex nature of our world. We then gathered in a large group to talk about these stories and to play some games that helped us know each other better. Even though we couldn't go to the Jesuit Villa, due to bad weather, I think the retreat was still an amazing experience.

Grade 10 overnight IgNite retreat, by Michael Parsons

My name is Michael Parsons and I am a new student at St. Bonaventure's College. This is my first year in high school and I didn't know what to expect. I had to make new friends and adjust to a new learning environment, and I wasn't sure just how to do that. One of the first activities that were offered to me was the chance to go on a IgNite retreat with my peers. I was skeptical about attending as I had no clue what it was all about and immediately assumed that it was a night focusing only on religion. I was completely wrong. The retreat was a mix of talk and meditation that made you really think about yourself, and fun games such as basketball, four square and capture the flag. It made me feel closer to my peers and more open about myself. I would strongly suggest this retreat for any student looking to become closer to their friends and teachers.

Grade 11 Four day Kairos Retreat, by Retreat Rector Grace Moffatt

I can without a doubt say that leading Kairos was the most rewarding adventure I have ever had. Being the student leader for this retreat was an eye opening experience. Thrilled was I when I saw the positive effect I had on the members of my small group, retreatants and leaders. My vulnerability had meant something to them. Likewise, they

had a positive effect on me and their vulnerability meant something to me. It is a give and take kind of situation – the more you put in the more you take out. Kairos is an opportunity to admit to mistakes – bare faults and insecurities into fellow classmates without fear of judgement or rejection. For the first time, highschool doesn't seem so scripted – it seems substantial and real with substantial and real relationships.

God comes at all different times in all different sizes but no doubt, but what I have realized through my experiences is that it is noticeable and it is real.

As human beings, we are constantly changing, knowing yourself and knowing others is an ongoing process. Kairos is an opportunity to flourish ourselves with a sense of acceptance and flourish others with similar acceptance.

Peace and Love, Grace

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