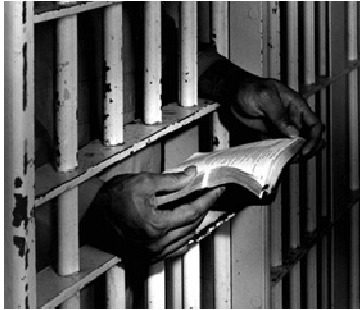


## Metanoia Retreats for Incarcerated Catholics



The structure of the Metanoia Retreats includes two different formats. The retreat can be conducted in eight-90 minute sessions over the course of 2 days, or a three day retreat weekend with Friday, Saturday & Sunday sessions. Both retreat formats include the most important dynamics of the retreat and offer inmates an opportunity to experience conversion, embrace their Catholic faith with a greater knowledge and understanding, and begin their journey anew as a disciple of the Lord Jesus. Please note the following basic outline of each retreat format.

### Metanoia Three-Day Retreat

Friday: 8:00 a.m. – 7:45 p.m.

- Morning Session:
  - Welcome/Know Yourself/Prodigal Son/Mass/Ideals/Grace & Faith
- Afternoon Session:
  - Three Glances of Christ/Holiness & Piety/Formation & Study
- Evening Session:
  - Devotion to Our Lady/Reconciliation/The Figure of Christ

Saturday: 8:30 a.m. – 5:45 p.m.

- Morning Session:
  - Morning prayer/Reading of the day/Commitment/Sacraments
- Afternoon Session:
  - Obstacles to a Life of Grace/New Life Talk/Deliverance Litany/Prayer Line/Poster Party
- Evening Session: Meal served by outside volunteers

Sunday: 8:15 a.m. – 4:00 p.m.

- Morning Session:
  - Open retreat/Spontaneous Prayer/Divine Mercy Talk & Chaplet/Christ's Message to the Men/Study & Evangelization
- Afternoon Session:
  - Mass/Presentation of Certificates & Scapulars/Participant Witness
  - Remarks by team and staff

## Metanoia Two Day Retreat



Retreat Theme: Through Him, With Him, In Him

### Session One

- Know Yourself mediation; opportunity for sacrament of reconciliation

### Session Two - Theme: The love of Christ.

- Prisoner's Way of the Cross; opportunity for sacrament of reconciliation
- Spiritual Director: Prodigal Son meditation.
- Priest or Deacon: Communion Service with Readings and Homily, Closing song

### Session Three - Theme: Set goals and attitudes with the help of Grace.

- Team member: IDEAL/Priorities talk
- Deacon or Spiritual Director: GRACE talk.

### Session Four - Theme: Our response to Christ's love

- Spiritual Director or Deacon: THE THREE GLANCES OF CHRIST Meditation.
- FORGIVENESS/Reconciliation talk followed by quiet time.
- Communion Service with Readings and Homily, Closing song

### Session Five - Theme: Our Relationship with God and each other

- Spiritual Director or Deacon: FAITH talk.
- Spiritual Director or Deacon: SACRAMENTS Talk

### Session Six - Theme: Our Commitment to know love and serve Jesus

- Spiritual Director or Deacon: OBSTACLES TO GRACE
- Spiritual Director or Deacon: THE FIGURE OF CHRIST Meditation
- Communion Service with Readings and Homily, Closing song

### Session Seven - Theme: Practical Application - Commission

- Spiritual Director or Deacon: Christ's Message To The Men Meditation,
- Rector: Christian Life/The Way: Prayer, Study, & Action

### Session Eight - Wrap-up

- Priest: Celebration of Mass
- Presentation of Certificates, Scapulars
- Participant Witness