



WHERE IS MY PATH LEADING? WHO AM I CALLED TO BE?

OVERVIEW

Trails is a retreat offering a space of shared prayer, reflection and storytelling, to help students think about the many ways they experience calling and provide discernment practices for everyday life.

LOGISTICS

- 10-15 college participants
- Offered virtually + In-person
- Advertisement through email, social media, and personal invitation
- *Technology:* Zoom, Jamboard, Canva, Spotify
- *Retreat Kit contents:* Journal, pen, a few snacks, preposition deck, prayer/blessing cards, note of encouragement

RETREAT OUTLINE

(30 min) Welcome

- Theme - *why 'Trails?'*
- Somatic Grounding Practice + Opening Prayer
- Participant Introduction- *Map Activity*

(45 min) Intro to Vocation and Calling

- Preposition language from *The Stories We Live* (Cahalan)

(45 min) Solo Time with Your Story

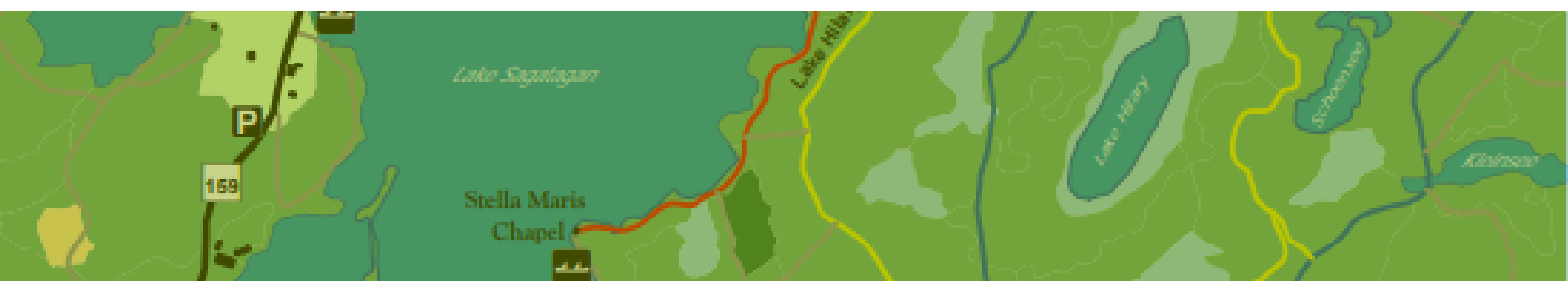
(45 min) Story Sharing in Small Groups

(30 min) Group Process

- *Backpack activity* - brainstorm tools and practices for discernment
- Tips for the Trail

(30 min) Closing

- Evaluation
- Blessing Each Other



VOCATION AS...

"The Journey of being called **BY God, **AS** I am, **THROUGH** my relationships, in order **TO** be of service to the world."**

MAP ACTIVITY

Display a map with various landmarks and topographies. Invite each participant to introduce themselves by placing a mark on the map that best identifies where they are on their vocational journey.

BACKPACK ACTIVITY

Display an image of a backpack and encourage participants to name "what's in their pack" on their discernment journey.

The goal is to brainstorm a list of tools to share with one another i.e. types of prayer, talking with a mentor or spiritual director, artistic expression, running, meditation. Participants are encouraged to write down 3-4 to try.

BLESSING ONE ANOTHER

After each story, the listeners are encouraged to write down one or two gifts or strengths they notice in the storyteller. These are incorporated into the closing blessing over each participant. One month later, a prayer card with the personalized blessing is mailed to each retreat participant.

STORYTELLING PROCESS

Each participant shares a brief story (2-3 min) based on one of the prepositions from the provided deck, the group reflects on each story with the following questions:

Listener:

- What do you notice in the story? The storyteller?
- How do you sense God showing up in the story?
- Would Jesus know/be familiar with this story? Are there other scriptures of sacred stories that connect to this one?

Storyteller:

- Are there any new insights or meanings you're finding in this story?
- How do you sense God calling BY, AS, THROUGH, and TO?

****Avoid****

- Giving Advice or "Fixing"
- Shifting the focus from the storyteller
- Telling the storyteller what they should take away from their story
- Providing answers
- Sharing others' stories outside of retreat

