

## HTA Retreats - Years 07 & 10

It is good that our students can take a moment in their lives and reflect. The HTA Retreats enable students to step away from the business and busyness of school and home and make time for God and themselves. The HTA Retreat offers students an opportunity to see how they can '**live life to the full**' [John 10:10] and do this in a way that encourages them to put Christ at the centre of their lives.



The Retreat takes place at the Lockerbrook Farm Residential Education Centre in Derbyshire in July. This time is important in the lives of our young students. For the Year 7s, they are nearing the completion of the first year here at HTA. For the Year 10s, it is one of the last experiences they have before the pressure of Year 11 is upon them. We believe that these 2½ days will reinvigorate them on their faith journey ...

celebrate the year they have had and help them continue to be 'pilgrims of hope'

Staff from HTA volunteer to lead the Retreat. Each Retreat is for 2½ days (Monday to Wednesday and / or Wednesday to Friday).





## Retreat Programme

The programme has been carefully constructed by Mr Doust, the Head of RE, the Re Dept staff, the staff supervising the Retreat and the students. The focus of the Retreat is to **'live life to the full'** [John 10:10].

### Service of Reconciliation Prep:

All Group Leaders will need to explain what a Service of Reconciliation is ... this evening's service will be about creating a quiet and reflective atmosphere!

- Group 1: Prepare a 3 min reflection on the first reading (see Service sheet). Can be anything from posters with explanation, song, a brief talk, role play ... let the students come up with ideas. Suggest you choose one student to read the Scripture passage and ask them for ideas about its meaning and what they could do.
- Group 2: Will set up the room and get everything ready ... candles, water, stones etc (see Service sheet)  
They will also need to write the Sorry Prayers and Thank you Prayers
- Group 3: Prepare a 3 min reflection on the first reading (see Service sheet). Can be anything from posters with explanation, song, a brief talk, role play ... let the students come up with ideas. Suggest you choose one student to read the Scripture passage and ask them for ideas about its meaning and what they could do.

When the group has completed their prep, then they can play other ice-breaker games! ... see below:

### Ice breaker Game 3: Mix and Match Candy Challenge

- What You Will Need:** A bowl of multi-coloured sweets (like M&Ms or skittles) and a poster list of challenges correlated with each colour
- Set-Up:** First, decide what each sweet colour will require, for example:
- Blue sweet: Sing a line from your favourite song (and see who can guess it)  
Red sweet: Hop in a circle on one foot  
Orange sweet: Imitate your favourite celebrity  
Green sweet: Do a famous TikTok dance  
Purple sweet: Tell a funny joke
- Write these on an extensive list (but don't show the list until after everybody has selected their candy).
- How to Play:** Bring participants into a circle, pass the bowl around and have each teen pick a small handful of sweet. Tell them they can eat all but one piece. Then, go around the circle and have everyone perform the challenge associated with the selected colour. If they don't like that challenge, they can find someone to swap colours with.

Throughout the 2½ day programme, students begin and end the day in prayer. The programme includes the Celebration of the Word (or Mass if a priest is available) and a Service of Reconciliation led by the students themselves. There are activities designed to for students to come together in small groups and think about and reflect on their faith-journey. There is also the chance to participate in an Outdoor Education experience. Throughout the activity, leaders will always find time for the group to pause and think about how these experiences at Lockerbrook help us interact with others and put God at the centre of our lives.

0745 – 0800	Morning Prayer		
0800 - 0845	Breakfast		
0900 - 1100	Onsite crate stack / climb wall	Staff-led Activity 2	Staff-led Activity 3
1130 - 1230	Staff-led Activity 3	Onsite crate stack / climb wall	Staff-led Activity 2
1230 - 1315	Lunch		
1315 – 1415	Staff-led Activity 3	Onsite crate stack / climb wall	Staff-led Activity 2
1430 – 1630	Staff-led Activity 2	Staff-led Activity 3	Onsite crate stack / climb wall
1630 – 1730	Down time		
1730 - 1830	Dinner & Down time		
1830 - 1930	Staff-led Activity 4		
1945 - 2030	Mass / Eucharistic Service		
2030 - 2130	Down time		
2130	Evening Prayer		
2145	Bedtime		