



FAQ on 1-Day Retreat

Q: Is a one-day retreat like a three-day retreat, just shorter?

A: Yes and no. We still have candidates, teams, talks, activities, and opportunities to deepen your faith on a one-day retreat similar to the traditional weekend long retreat, but the one-day retreat has its own theme.

Q: What is the theme of the one-day retreat?

A: The theme is "Gifts of the Spirit." It is based on Galatians 5:22-23 "*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*" There are talks and activities based on this theme, but they are entirely different from any of the three-day retreat talks.

Q: Who is able to attend a one-day retreat?

A: Anyone in high school or early college can attend. If an individual is Catholic, they do not need to be confirmed to attend. If a student in a confirmation class misses their parish retreat, they may be able to use this one day retreat as a substitute for attendance with prior permission from their parish. One-day retreats are open to anyone in this age group, no matter their faith background; all are welcome in the ECHO Community. Candidates will sit at a table with adult and student team as well as other candidates.

Q: What does it cost to participate?

A: Registration for an ECHO one-day retreat is \$20. This helps cover some basic paper supplies and lunch.

Q: Do you need to attend a one-day retreat before you attend a three-day retreat?

A: No. They are entirely separate. If someone is nervous about committing an entire weekend for an ECHO retreat, you may suggest the one-day retreat as a primer to get to know some members of the community, deepen their faith, and "get their feet wet;" however, it is not required.

Q: Are you still hosting three-day retreats?

A: Yes! Four weekends are planned for 2023-2024. As in the past, these retreats will be structured as a boys' weekend and a girls' weekend. If you have any questions or we can make a weekend more comfortable for you, please let us know by emailing echoofcapecod@gmail.com.

Q: Is there palanca on a one-day retreat?

A: Would it be ECHO without palanca? Although we are not organizing individual palanca for the candidates, we welcome general palanca that helps illustrate the amazing community of love that ECHO is. General palanca should be brought to the Encounter (formerly known as reunions) meeting before the retreat or brought to the retreat location between 8:00 am and 9:00 am the day of the retreat.

Q: I want to get more involved, how can I do that?

A: We are always looking for adults and teenagers to participate on team. Please email echoofcapecod@gmail.com if you're interested. We also welcome the community to join the one day retreat participants at 4pm mass to help welcome them to the ECHO community.

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