

Be Created Anew

2024 Summer Monastic Retreat



This year the Brothers and Sisters of Charity at Little Portion Hermitage Monastery have invited the High School Students of our parishes to a week of reflection and service. The summer monastic retreat will focus on letting God create us anew more completely in his image. The students will be able to work alongside the monastics, relax and pray. To learn more about the monastery or the Brothers and Sisters of Charity, please visit www.littleportion.org. This retreat will be facilitated by Chad from 4Churches Youth Ministry and the Brothers and Sisters of Charity at Little Portion. Please feel free to contact him with any questions! Please return the following packet to the office before April 26th to secure your spot.

Peace and All Good in Christ,
Chad Roden BSCD

Name of Student: _____

Age: _____ School: _____ T-Shirt Size: _____

Address: _____

Parent _____ Names: _____

Parent Phone: () _____ Parent Email: _____

Parent Phone: () _____ Parent Email: _____

Emergency Contact: _____ EC Phone: () _____

Allergies, Medical Conditions, Dietary Restrictions, or Medications:

Please Return The Registration Portion of This Packet to the Office By April 26th, 2024.

Please Be Sure To Read The What To Bring and Things To Know Pages at The End Of The Packet

Parent Permission Form for the Be Created Anew Summer Monastic Retreat

Dear Parent or Legal Guardian:

Your son is eligible to participate in a parish-sponsored event. This activity will take place under the guidance and supervision of an employee from St. Joseph and SS. John and Bernard Parish.

Name of the Event: Be Created Anew Summer Monastic Retreat

Destination: Little Portion Hermitage Monastery, Berryville, Arkansas

Designated Supervisor of Activity: Chad Roden

Date and Time of Departure and Return: July 6th 2024 6:00 AM – July 13th 2024 9:00 PM

Cost: \$150 along with optional spending money.

If you would like your child to participate in these events, please complete, sign, and return the following statement of consent and release of liability. As a parent or legal guardian, you remain fully responsible for the actions and conduct of your child.

*****Statement of Consent*****

I hereby consent to participation by my child, _____, in the events described above. I understand that my child will be under the supervision of the designated parishes' employee during the Be Created Anew Summer Monastic Retreat. I further consent to the conditions stated above on participation in these events, including the method of transportation.

In consideration of my child being allowed to participate in this event, I hereby agree on behalf of myself and my child to release St. Joseph and SS. John and Bernard Parishes, the Roman Catholic Diocese of Kalamazoo, and any affiliated organizations, their employees, agents and representatives, including volunteer drivers (collectively "Releasees"), from any and all claims, including negligence, which may be asserted by me or my child, or on behalf of my child, arising from or relating to my child's participation in this event. In the event this release on behalf of myself and/or my child is held to be invalid or unenforceable, I hereby agree to indemnify and hold harmless Releasees from any and all claims, including negligence, which may be asserted by me or my child, or on behalf of my child, arising from or relating to my child's participation in this retreat. This release or indemnification does not apply to claims for intentional misconduct or gross negligence; nor does this release or indemnification apply to the extent of commercial insurance coverage for any claim, but this Release or Indemnification shall apply to the extent of any self-insurance or deductible applicable to any claim. With my signature I hereby grant permission to St. Joseph and Sts. John and Bernard Parishes to publish my child's name, photo or video image in connection with a feature story, or other publication as deemed appropriate by the parishes.

(Print Parent Name)

(Parent's Signature)

(Date)

Please return this Packet to the Parish Offices by April 26th, 2024.

Medical Treatment Authorization

As a parent/guardian, I do hereby authorize the treatment of my minor child/children listed below by a qualified and licensed physician of any condition which, in the opinion of the physician, is deemed necessary and appropriate. This authority is granted only after a reasonable effort has been made to reach me.

I further authorize the person who presents the minor to sign the Acknowledgment of Receipt of Notice of Privacy Rights that may be presented by the physician or health care facility.

This authorization is completed and signed of my own free will with the sole purpose of authorizing medical treatment deemed necessary and appropriate by the treating physician due to injury or illness sustained during religious education classes, testing, and/or activities by St. Joseph/SS. John & Bernard Parishes Youth Ministry Program.

Names of Children List of allergies, medications, or other pertinent information

_____	_____
_____	_____
_____	_____
_____	_____

Emergency Contacts :

Health Insurance Information

Company: _____	Policy#: _____
Group#: _____	ID#: _____
Family Physician Name: _____	Phone: _____
Address: _____	City: _____
Date: _____	Parent Signature: _____

Print Name: _____

WHAT TO BRING:

Because our time at Little Portion will be spent working and praying in a monastic setting the Brothers and Sisters have asked us to dress in a certain way. Please be sure to carefully read this list so you can participate in all the activities.

- Work Pants (No Shorts)
- Casual Pants (No Shorts)
- T-Shirts
- Pajamas
- Dress Clothes for Mass
- Sweater or Hoodie
- Socks
- Work Shoes/Boots
- Casual Shoes
- Towel
- Toiletries
- Bible
- Prayer Journal and Pens or Pencils
- Flashlight
- Water Bottle
- Optional Non-Perishable Snacks

* Please note, shorts are allowed to be worn as pajamas and for travel and our “afternoon off”*

Things to Know:

The Monastery has certain customs that must be followed, below are a list of some common practices, frequently asked questions, and general information about the Monastery.

- Little Portion is A Hermitage Monastery, which means there are “cloistered” or off limits areas. Please respect the Brothers and Sisters and stay out of those areas.
- Little Portion Hermitage observes Grand and Sacred Silences. During these times, visitors are expected to remain silent unless it is necessary to speak. Silence ends after the table reading at lunch. Please do not hesitate to break the silence to ask questions if you have them during these times.
- Because it is a sacred space, modesty must be maintained by all visitors. This means, not wearing “muscle” or “cut-off” shirts. All shirts must have sleeves. Please also refrain from wearing shirts with offensive, inappropriate or suggestive logos. They also ask that no shorts be worn around the grounds.
- Wednesday and Friday are fasting days according to the BSC Rule. This means the meals will be simpler and typically meatless on these days. It is understood that visitors may not be used to this and so snacks and other foods will be provided on these days if needed. You are welcome to bring your own snacks.
- The monastery is an alcohol and drug free area. Please do not bring any of these items on retreat with you. This includes any devices for vaping.

- The monastery is home to consecrated men, consecrated women, and families. This is a demonstration of the community's charism of integration. Please be respectful of all the people who call Little Portion home.
- Work will be done throughout the day and will be a combination of farm work, cleaning and help in the bakery. If at any point you feel ill or like you need a break, you may take one. Simply notify the person supervising you.
- The week is a retreat and will have plenty of time for prayer. You will be given an hour for personal prayer, taken at different times during the day, an hour for "Lectio Divina", and all the common or liturgical prayer times with the Brothers and Sisters (Morning, Midday, Evening Prayers, and Mass).
- Most nights will have a time of recreation in the evenings. This time is spent typically playing board games, cards, going on hikes, or talking in the hermitages or common center.
- The monastery can accommodate most dietary restrictions, if they are informed beforehand. **Please do not be shy**, let them know how they can accommodate you.
- The monastery is built into some rough earth and has been known to have many sharp rocks in what appears to be softer ground. Therefore, shoes or sandals must be worn at all times.
- All visitors under 18 must always be accompanied by an adult.
- Oftentimes, people are worried about what the Brothers and Sisters are going to feed visitors. The food is always delightful. In the past, the monastics have served homemade pizza, baked chicken, various homemade soups with fresh vegetables from the garden, and many more tasty and healthy meals. This year our foundress expressed a desire to order in pizza for an extra little "party".
- Cell Phone use at Little Portion will be limited to mornings and evenings when we are not working to help us to truly retreat from the world to listen for God's voice. The monastery, because of its location, also has poor cell phone service for most providers. If you need to reach your child, please feel free to call the monastery's landline at 877-504-9865. Simply ask for Chad, and I will promptly find your child. The phone is in the common center and will not be accessible before 5:00 AM and after 10:00 PM. (Please also note the monastery is in Central Time).
- The monastic rhythm is slower and more deliberate than what we see around us while living in the world. This shows itself in the pace of prayers, liturgy, work style, and speech. Please be sure to be respectful and match their pace and tone.
- Because the monastery's location is so remote, please be sure to bring a flashlight with you in the mornings and evenings. If you do not know the paths, they can become very difficult to navigate back to the hermitage where we will be staying.
- It is also a good idea to be aware of your surroundings at all times. There is lots of wildlife in the remote location of the monastery in the Ozark Mountains. People have tripped on some of the smaller animals or been startled by creatures living in the taller grass, mainly the monastery dog, Solomon.