

# Retreat Evangelist Weekend Take-home Guide

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# Why Go On Retreat

By Dr. Michael J. Cunningham OFS



Why Go On Retreat?

Because I Believe ....

**1. Initial trust:** A person is able to trust or has a positive association with Jesus Christ, the Church, a Christian believer, or something identifiably Christian. Trust is not the same as active personal faith. Without some kind of bridge of trust in place, people will not move closer to God.

**2. Spiritual curiosity:** A person finds himself intrigued by or desiring to know more about Jesus, his life, and his teachings or some aspect of the Christian faith. This curiosity can range from mere awareness of a new possibility to something quite intense. Nevertheless, a person at the threshold of curiosity is not yet open to personal change. Curiosity is still essentially passive, but it is more than mere trust.

**3. Spiritual openness:** A person acknowledges to him or herself and to God that he or she is open to the possibility of personal and spiritual change. This is one of the most difficult transitions for a postmodern nonbeliever. Openness is not a commitment to change. People who are open are simply admitting they are open to the possibility of change.

**4. Spiritual seeking:** The person moves from being essentially passive to actively seeking to know the God who is calling him or her. It is, if you will, “dating with a purpose” but not yet marriage. Seekers are asking, “Are you the one to whom I will give myself?” At this stage, the seeker is engaged in an urgent spiritual quest, seeking to know whether he or she can commit to Christ in his Church.

**5. Intentional discipleship:** This is the decision to “drop one’s nets,” to make a conscious commitment to follow Jesus in the midst of his Church as an obedient disciple and to reorder one’s life accordingly.

(Forming Intentional Disciples: the Path to Knowing and Following Jesus, Sherry A. Weddell, Huntington, Indiana: Our Sunday Visitor, 2017, pp. 127-128; 129-130).



Why Go On Retreat?

Wellness . . .

## Young adults, especially women and those with lower incomes, are experiencing higher levels of distress

% of U.S. adults who fall into each category of psychological distress

	High distress	Medium distress	Low distress
U.S. adults	21	24	54
Ages 18-29	32	31	36

### Ages 18-29: Gender

Men	27	30	42
Women	36	31	32

### Ages 18-29: Income

Middle income	25	32	41
Lower income	39	31	29

### Ages 18-29: Marital status

Married	23	31	45
Not married	35	30	34

Note: Additive psychological distress scale based on responses to five standard measures of psychological distress adapted from GAD-7, CES-D, Impact to Event Scale-Revised. Share of respondents who didn't offer an answer not shown. Family income tiers are based on adjusted 2019 earnings. Sample size of those ages 18 to 29 in the upper income group is too small for analysis.

Source: Survey of U.S. adults conducted Feb. 16-21, 2021.

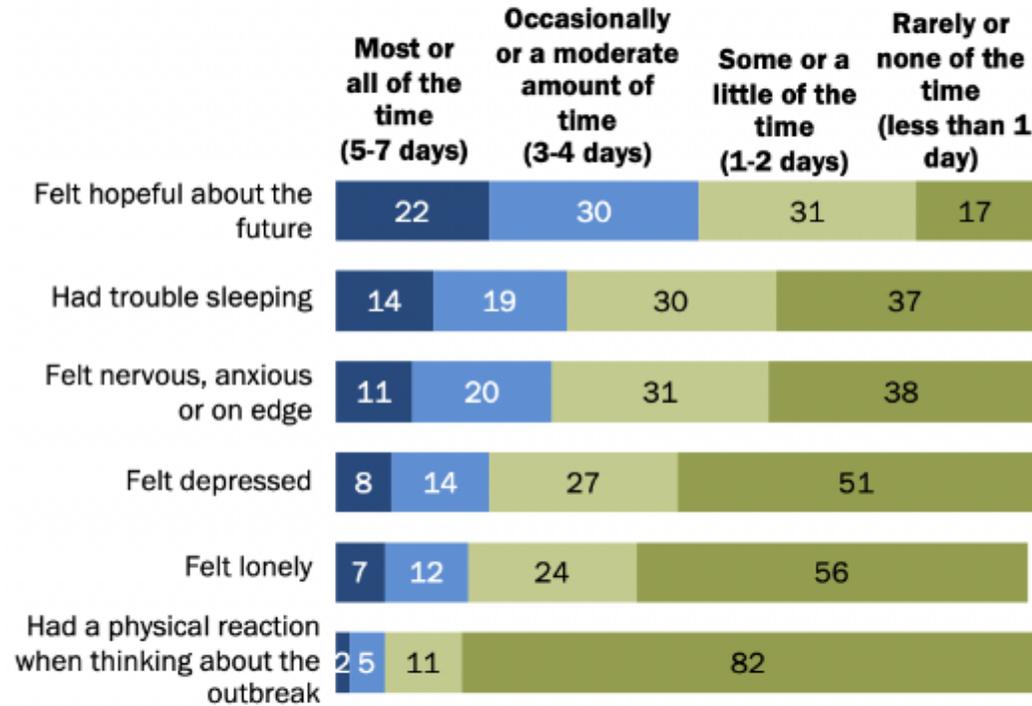
PEW RESEARCH CENTER



A person bows her head in her hands at a COVID-19 testing site in Boston on July 15, 2020. (John Tlumacki/The Boston Globe via Getty Images)

## About one-third of U.S. adults report at least occasional sleeplessness, anxiety in past week

*% saying that in the past seven days they have ...*



Note: Questions adapted from GAD-7, CES-D, Impact to Event Scale-Revised. Share of respondents who didn't offer an answer not shown.

Source: Survey of U.S. adults conducted Feb. 16-21, 2021.

**PEW RESEARCH CENTER**

# Do Wellness Tourists Get Well? An Observational Study of Multiple Dimensions of Health and Well-Being After a Week-Long Retreat

Marc M. Cohen, Fiona Elliott, Liza Oates, Adrian Schembri and Nitin Mantri

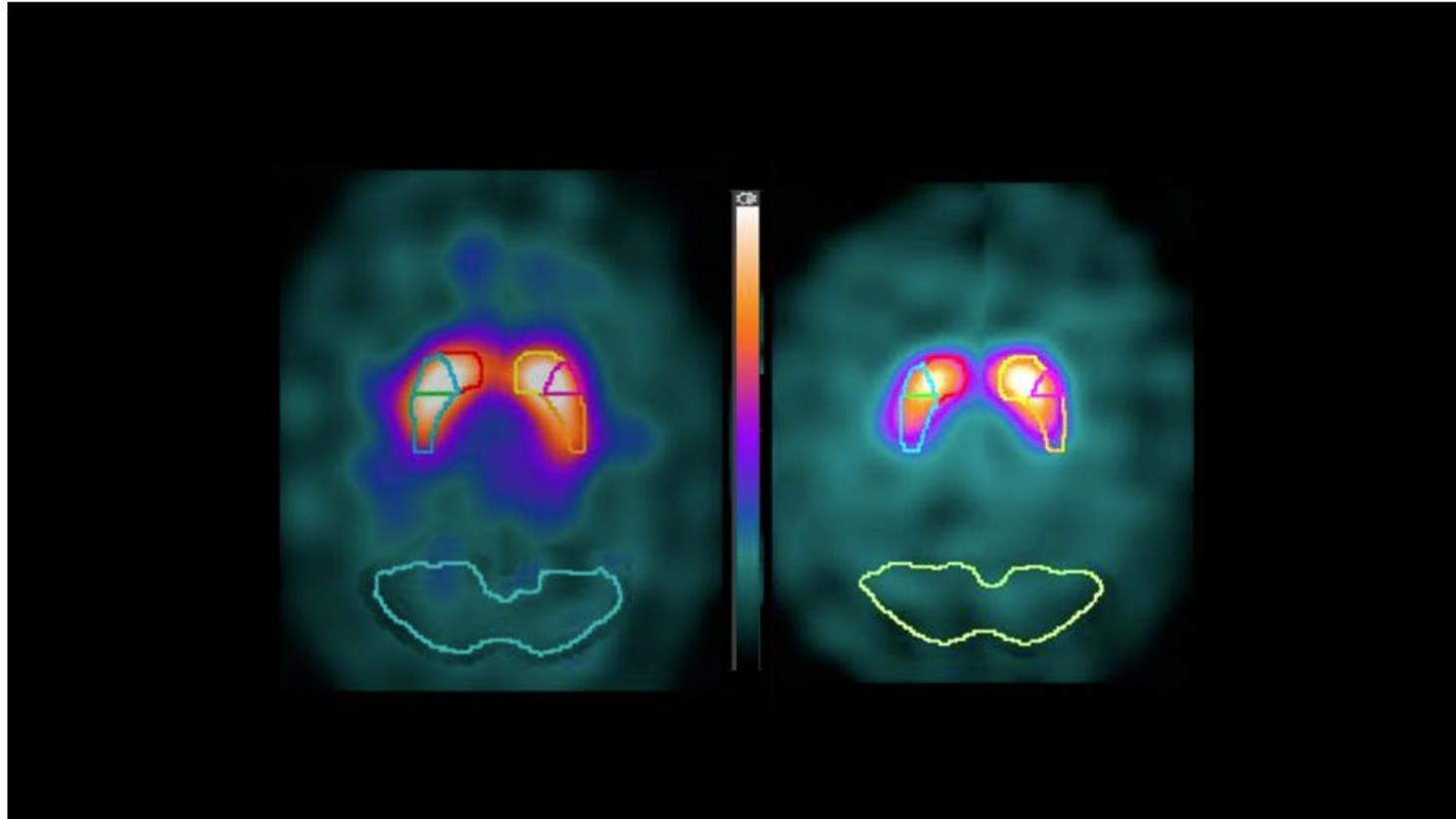
A One-week residential retreat experience can lead to substantial improvements in multiple dimensions of health and well-being, with many improvements being maintained at six weeks.

Dopamine plays a role in how we feel pleasure. It's a big part of our unique human ability to think and plan. It helps us strive, focus, and find things interesting.

Your body spreads it along four major pathways in the brain.

**Serotonin.** It makes you feel good about yourself, stirring up confidence and self-esteem, and nurturing a sense of common bond that stems from status, respect, and loyalty. As you would expect, low serotonin won't make you feel good at all.

# Effect of a one-week spiritual retreat on dopamine and serotonin transporter binding: a preliminary study



**Figure 1.** DaTscan images of a single retreat subject showing the regions of interest used for the analysis as well as the overall reduction in binding (reduced orange/red coloring when comparing the pre-retreat (left) and post retreat (right) scans).

There appears to be a decrease in DAT binding in the basal ganglia and SERT binding in the midbrain as a result of going through an intense one-week spiritual retreat. Whether this is related to the overall reduction in stress, specific elements of the retreat program, or some type of priming effect remains to be established. Perhaps most important given the preliminary nature of this study and the limitations of the study design mentioned above is that **this study demonstrates that it is possible to measure dopamine and serotonin levels in association with spiritual retreats and practices.** Thus, future studies can better utilize these neuroimaging techniques to better determine if intense programs such as the Ignatian spiritual retreat have a substantial shortterm effect on the serotonin and dopamine neurotransmitter systems in the brain

Participating in the retreat also resulted in significant changes in a variety of psychological and spiritual measures.

After the retreat, there were changes in how different parts of the brain were functionally connected, particularly the frontal and parietal lobes

## **Effect of a one-week spiritual retreat on dopamine and serotonin transporter binding: a preliminary study**

Andrew B. Newberga , Nancy Winteringa , David B. Yadenb , Li Zhonga , Brendan Bowena , Noah Avericka and Daniel A. Montia  
a Myrna Brind Center of Integrative Medicine, Thomas Jefferson University, Philadelphia, PA, USA; b Department of Psychology, University of Pennsylvania, Philadelphia, PA, USA

A photograph of a forest path in autumn. The path is covered in fallen yellow and green leaves. The trees on either side are in various stages of autumn, with some showing bright yellow and others still green. The lighting is soft, suggesting an overcast day.

Why Go On Retreat?

Spiritual longing . . .

Based on an analysis of approximately 2,000 descriptions provided in an online survey, we have found that **five** elements seem to be common across many enlightenment experiences, whether they occur during spiritual retreats, daily meditation or prayer practices, psychedelic experiences, or even spontaneously.

Source: Andrew Newberg is the director of research at the Marcus Institute of Integrative Health and a physician at Jefferson University Hospital in Philadelphia.

# A sense of surrender

Source: Andrew Newberg is the director of research at the Marcus Institute of Integrative Health and a physician at Jefferson University Hospital in Philadelphia.

# Intensity

Source: Andrew Newberg is the director of research at the Marcus Institute of Integrative Health and a physician at Jefferson University Hospital in Philadelphia.

**A sense of oneness or unity**

**Source: Andrew Newberg is the director of research at the Marcus Institute of Integrative Health and a physician at Jefferson University Hospital in Philadelphia.**

# A sense of clarity

Source: Andrew Newberg is the director of research at the Marcus Institute of Integrative Health and a physician at Jefferson University Hospital in Philadelphia.

# Transformation as a result of the experience

Source: Andrew Newberg is the director of research at the Marcus Institute of Integrative Health and a physician at Jefferson University Hospital in Philadelphia.



Why Go On Retreat?

Nourishment ....



# Silence is the Language of God

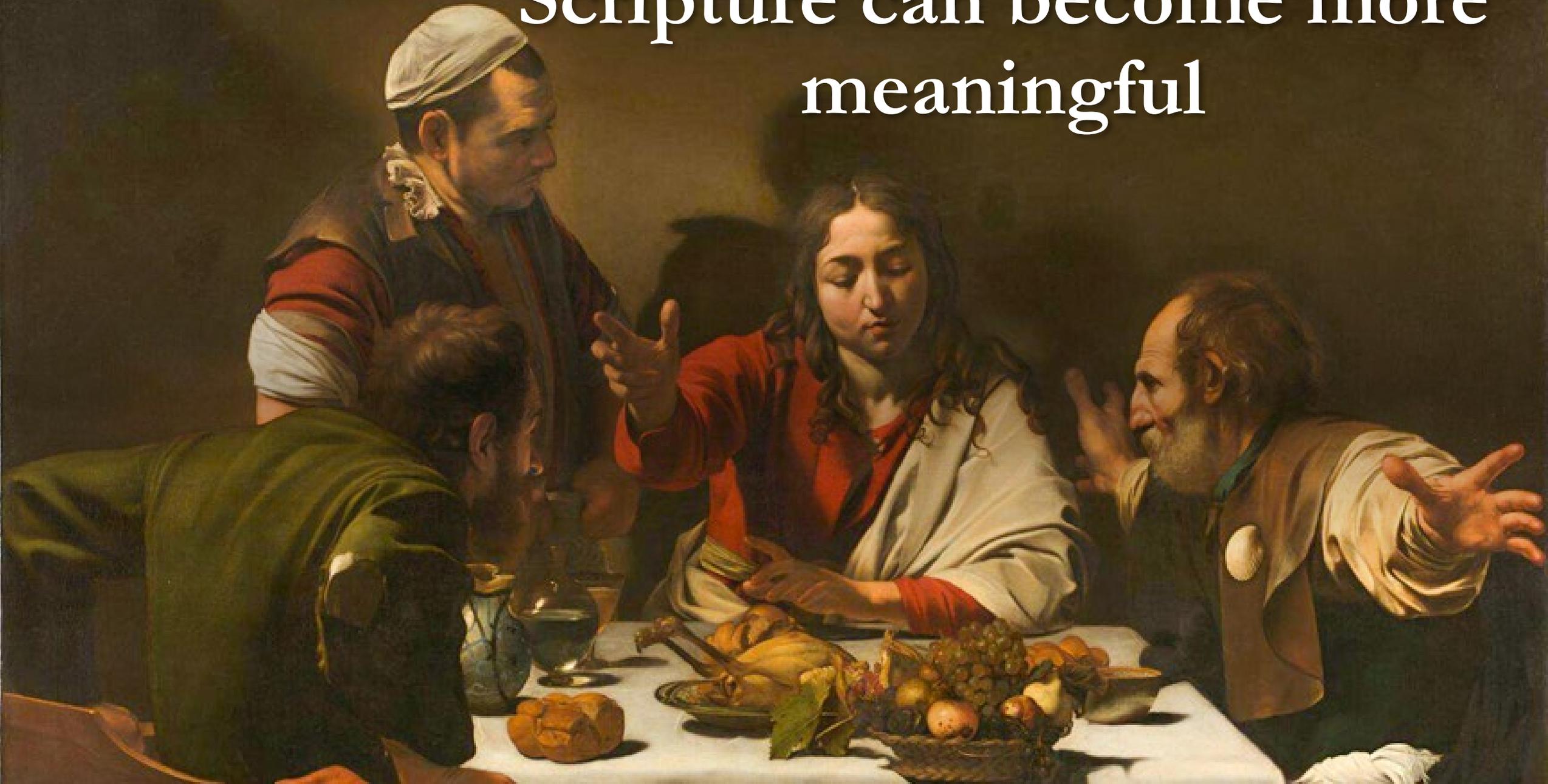
“The Lord will fight for you while you keep silent” –  
Exodus 14:14

**We find God in a deeper dimension**



**We close out our external activities and look  
to the interior relationship with God**

Scripture can become more meaningful





**Renewal and enrichment comes to us**



Why Go On Retreat?

Witnessing ....



Why did you first come on retreat?  
Why do you keep coming back?

# Additional Evangelization Tools

- Videos (90-second version & 8-9 minute version)
  - Over the course of the last several months, we've had a wonderful director/producer and camera crew donate their time and efforts to create a video to answer the question of "Why Come on Retreat at Mater Dolorosa?" From this, we've received 2 new videos – a shorter, 90-second or so version that is optimal for brief/casual encounters or a short presentation during your announcements after Mass AND a longer, 8-minute version that gives a fuller picture of what Mater Dolorosa has to offer. The larger video would be best used with a smaller audience (i.e. consider speaking with your male/female counterpart within your Parish to a co-ed group of Parish ministry leaders OR you're giving a presentation on "prayer" to a young adult group and you tie it into your personal experience on retreat, etc.)
  - These new videos can be found in multiple places for your ease of use/access:
    - Within the app
      - 90-second video is "pinned" to the top of the home screen of our new MDPRC App – Click the "play" button and share with someone over coffee and doughnuts after Mass!
      - The longer, 8-minute version of the video is available under the "Retreats" section of our App; it is the first clickable item labeled "Why Do I Need A Retreat?"
    - Both are available to be shown via the Captain's Corner page of the Mater Dolorosa website where we've historically put your printable materials for recruitment.
    - An 8.5x11 poster with a QR code for the shorter video was created for you to use within your parish (i.e. bulletin boards, tables, etc)

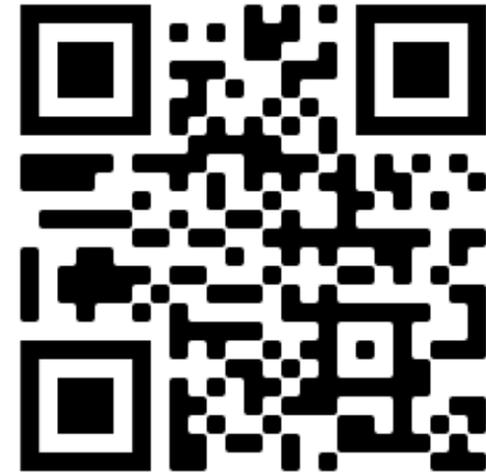
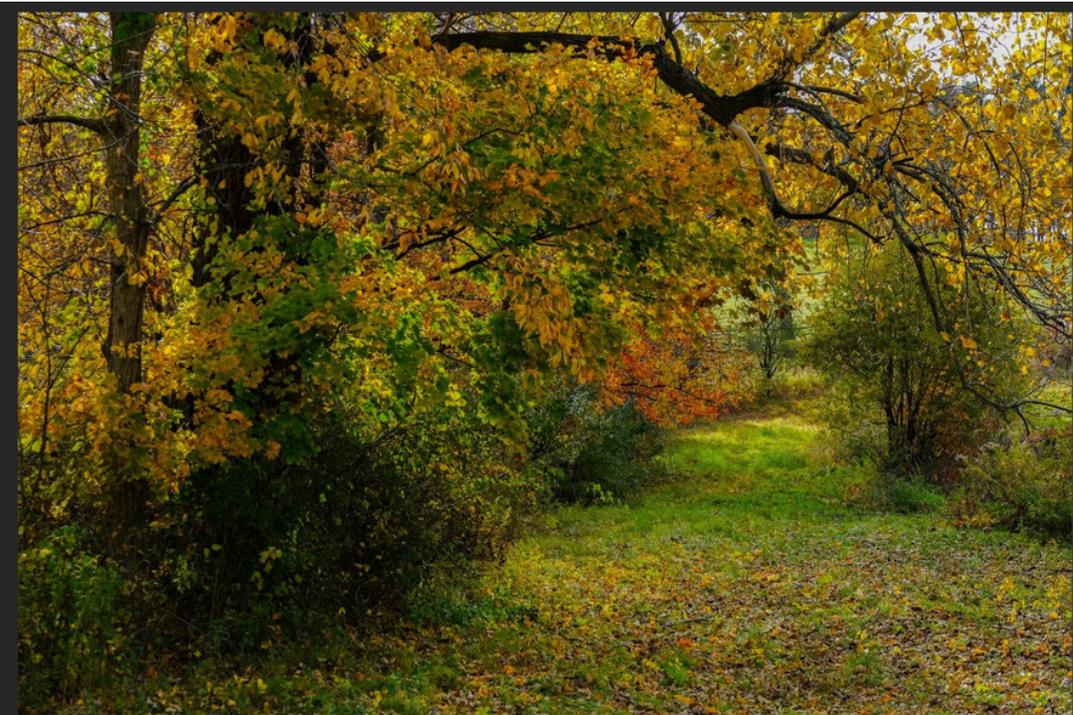
# WHY COME ON RETREAT?

Scan the QR code below to watch a short video  
about the Retreat Experience  
at Mater Dolorosa Retreat Center

**For more information about retreats at Mater Dolorosa  
or to Register, please contact:**

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MATER DOLOROSA  
PASSIONIST RETREAT CENTER



**Eileen's Top 5**  
**for**  
**Getting Retreat Ready**

1. **Invite the Holy Spirit** into all of your preparations, conversations and interactions with your parish family before you even do one thing.
2. **Let your love for Mater Dolorosa** be out in front of all the actions you take to reach out to your parishioners. Your experience of the transformative love you have received on retreat will inspire others to perhaps take that risk. But at some point, the focus needs to transition from your experience, to those whom you are inviting. Bringing parishioners to love and be loved more deeply as they experience God's grace on retreat, enriches not only them, but your parish as a whole.
3. **Involving your parish staff**...from the pastor to the office help, to know what a Mater Dolorosa Retreat is like, increases your likelihood of reaching more participants. (They talk about it when you are not around!) Prepare your flyers, put up the posters, have the write-up for the bulletin and schedule a Sunday when you speak to the parish community at the masses. Start early.
4. **Get a co-captain**. This is a wonderful big job! It is so much more fruitful when you have a friend who shares your passion for Mater Dolorosa to organize with and team up with for after mass sign-ups, and other preparations like arranging carpools and managing the emails. Don't be afraid to ask for help, either from Nancy or another captain, or a fellow parishioner.
5. **Follow up after retreat!!** We have a potluck about a month after our retreat to see how everyone "brought home" the retreat message into their lives. We gather and get to know each other a bit (which is hard to do on silent retreat when you don't know these folks beforehand.) We share a lovely meal...with root beer floats :) and then gather in prayer and conversation. I invite us to bring or refer to any of the Spiritual Breaks that have come in the emails to begin the sharing. This is the time to decide if further conversations would be welcomed on a monthly or quarterly basis. It is so lovely when your Mater Dolorosa friends become your parish support system, too. Two places you love, become one!

**Tom Amestoy Co-Captain, St Philip the Apostle, Pasadena**

1. Be positive. This is an unknown experience to the person you are talking to so make sure they understand that you are looking forward to it yourself. I say I look forward to it all year and I show that I can't wait to share the experience with them. This is conveyed in the words we choose but also our body language, inflection, etc. We can give a lot of details, but they are mostly going on how I (who knows what the experience is like) am convinced that it's going to be great and worthwhile.
2. Be a team. Don't try this alone! Be a team with a leader and roles and a united message and effort. Co-Captains are your base, the more you have the better. Add them after even one retreat.
3. Be early. The number one push back is that people are already scheduled on that date. Send out a Save the Date email as soon as possible to everyone. As soon as registration is available email the group from last year with the first opportunity to register for this year. Soon after email everyone with the opportunity to register.
4. Be organized, gather in person with Captain and Co-Captains and get a plan based on what worked last time and what didn't work. Go through the list of past retreatants and assign team members to call each person. Schedule an in-person date for recruiting on the church patio with all hands-on deck. Take-away pamphlets available with contact information for Captain and direct retreat center registration. Collect sign-up names and contact information even for future years. Details don't get sign ups, making a connection and relating your experience does. Arrange carpools.
5. Meet in person with the team again (pizza helps) to keep up the spirits of the team and re-assign phone calls to people on the fence. Extend the invites to family and friends beyond the parish. On the phone be prepared to overcome objections if financial offer scholarships (with deposits) in rare cases offer full scholarships. Remember to always stay positive.

TOP 20 BEST PRACTICES SESSION FOR EVANGELIZATION RETREAT – PRESENTERS AND PANEL

**John van Dyke – St. Dominics, Eagle Rock**

1. Talk about the retreat all year
2. Targeting your Co-Captains
3. Make a Deal!
4. Be in a large parish group
5. Persuasion: How it works

**Manuel Briones – St. John Vianney, Hacienda Heights**

- 1) Meeting with pastor and/or parish administrator (Gain support/guidance)
- 2) Telephone/Text/Email contacts (Remind/invite retreatant or prospective retreatant)
- 3) Pulpit talks (Brief: 3 - 5 minutes)
- 4) Meeting with parish groups (RCIA, Knights of Columbus, Young Adult Ministry, Family Catechesis, etc.)
- 5) Mid-year gathering (Casual/comfortable get-together between the prior and next year retreat)

Additional Notes from the “Best Practices” Session:

- Emphasis from all presenting Captains was to create a supportive team of Co-Captains/helpers
- An aggressive, “get-it-done” recruitment approach can be scary/off-putting to people so try to have FUN with it and your approach to prospective retreatants
- Use roles or specific assignments with your team/co-captains to keep everyone accountable
- Collaborate with your male/female counterpart (i.e. Captain of Women’s/Men’s group from your Parish) in order to better present to co-ed groups within your parish
- Don’t be afraid to reach out to Mater Dolorosa Retreat Team to join you for recruitment efforts or follow-up events to your annual retreat
- Invite your pastor/parish administrator to join your group for dinner and the first evening’s activities on your Retreat weekend; this will allow them to witness what happens at Mater Dolorosa, firsthand, AND may help work through any prior “resistance” they’ve exhibited thus far
- In trying to recruit younger people on retreat and/or as co-captains to sustain this ministry within your parish:
  - seek help/advice/recommendations from other established leaders within your parish; these individuals are more willing to help, already demonstrate commitment to ministry and service, and can provide their own witness/testimonies to the people they encounter in their current ministries
  - offer to be a guest speaker for your parish’s Youth Ministry leader(s) on topics of prayer, reflection, etc.
    - don’t be afraid to recruit for any/all weekends here (including Parent/Teen, Family Retreat Weekend which is inclusive of grandparents/aunts/uncles, etc)
- Consider soliciting co-captains while still on retreat during parish breakout sessions

# **MDPRC REGISTRATION, CAPTAIN'S CORNER AND CCB**

**2022-2023**



www.materdolorosa.org

The image shows a screenshot of a web browser displaying the website for the Mater Dolorosa Passionist Retreat Center. The browser's address bar shows the URL [www.materdolorosa.org](http://www.materdolorosa.org). The website's header includes the center's logo, which features a red heart with a white cross and the text "MATER DOLOROSA PASSIONIST RETREAT CENTER". To the right of the logo, the text "Mater Dolorosa Passionist Retreat Center" is displayed. A navigation menu is open, listing various options: "About", "Retreats", "News & Events", "Food Ministry", "En Español", "Facilities", "Young Adults", and "Support Us". The "Retreats" menu item is highlighted, and a green arrow points to the "Retreat Signup" option within this menu. Other options in the menu include "Retreat Theme", "Retreat Guide", "Parent-Teen Retreats", "Married Couples Retreats", "Online Retreats", "Young Adult Retreats", "Individual Retreats", "Spiritual Break", "Recovery & 12 Step Retreats", and "FAQ - Frequently Asked Questions". The main content area of the website features a large image of a building with a red roof and a white tower, set against a backdrop of green hills. The text "Welcome to Mater Dolorosa Retreat Center." is overlaid on the image. At the bottom of the page, a red banner contains the text "CURRENT COVID-19 PROTOCOLS IN PLACE AT MATER DOLOROSA PASSIONIST RETREAT CENTER". The browser's taskbar at the bottom shows the Windows logo, a search bar, and various application icons. The system tray on the right indicates the time as 11:44 PM on 8/19/2022 and the temperature as 70°F.

# Calendar

Pushpay | Google Slides: Online Slideshow | MDPRC REGISTRATION - Google | Calendar

materdolorosa.org/calendar/

www.outlook.office... | ADP ezLaborManag... | ADP ezLaborManag... | ADP RUN | Learn Sign Languag... | Lending Club Patie... | Citrix XenApp - Ap... | The Aftermath of S... | Citrix Receiver | Other bookmarks

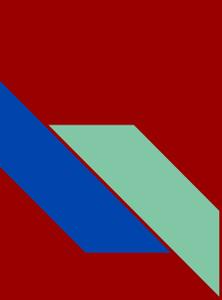
 **Mater Dolorosa**  
Passionist Retreat Center

About | Retreats | News & Events | Food Ministry | En Español | Facilities | Young Adults | Support Us

Today | Sep | 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8 3p Parent and Teen Retreat September 09- 12,2022	9	10
11	12	13	14	15 3p Men's Weekend Retreat Sept-16-18, 2022	16	17
18	19	20	21	22 3p Men's Weekend Retreat Sept 23-25, 2022	23	24
25	26	27	28	29 3p Women's Weekend Retreat Sept 30-Oct 1,	30	1

Type here to search | 69°F Clear | 12:05 AM 8/20/2022



# WEBSITE

## WWW.MATERDOLOROSA.ORG

Registration Calendar: Click on the date of retreat (scroll to correct month). Click on REGISTER button.

### REGISTRATION FORM

- Form is used to register for a retreat
- Form captures important information (i.e. room preferences, allergies, personal information used to update our database )
- All questions with a RED \* are required including phone carrier (for future purposes of texting), contact information.



Calendar view showing a grid of dates from 8 to 30. An event card is displayed for 'Parent and Teen Retreat September 09-12, 2022' on Friday, Sep 9, 2022, from 3:00p - 11:00p. The event card includes the organizer 'Nancy Boldt' and an 'Email' link. A registration modal is open over the event, titled 'REGISTRATION', with a 'Register' button and the text 'applies to all occurrences'. A green arrow points to the 'Register' button.

# FORM

Parent & Teen Retreat Sept 09-11, 2022 | Mater Dolorosa Passionist Retreat Center - Google Chrome  
materdolorosa.ccbchurch.com/goto/forms/60/responses/new

**CANCEL** **Parent & Teen Retreat Sept 09-11, 2022** **SUBMIT**

Please complete the form below to register for your upcoming Weekend Retreat

Contact Information

Change Respondent  
Nancy Boldt

Email\*  
nboldt@materdolorosa.org

Mobile Phone\*  
[REDACTED]

Mobile Carrier\*  
Verizon

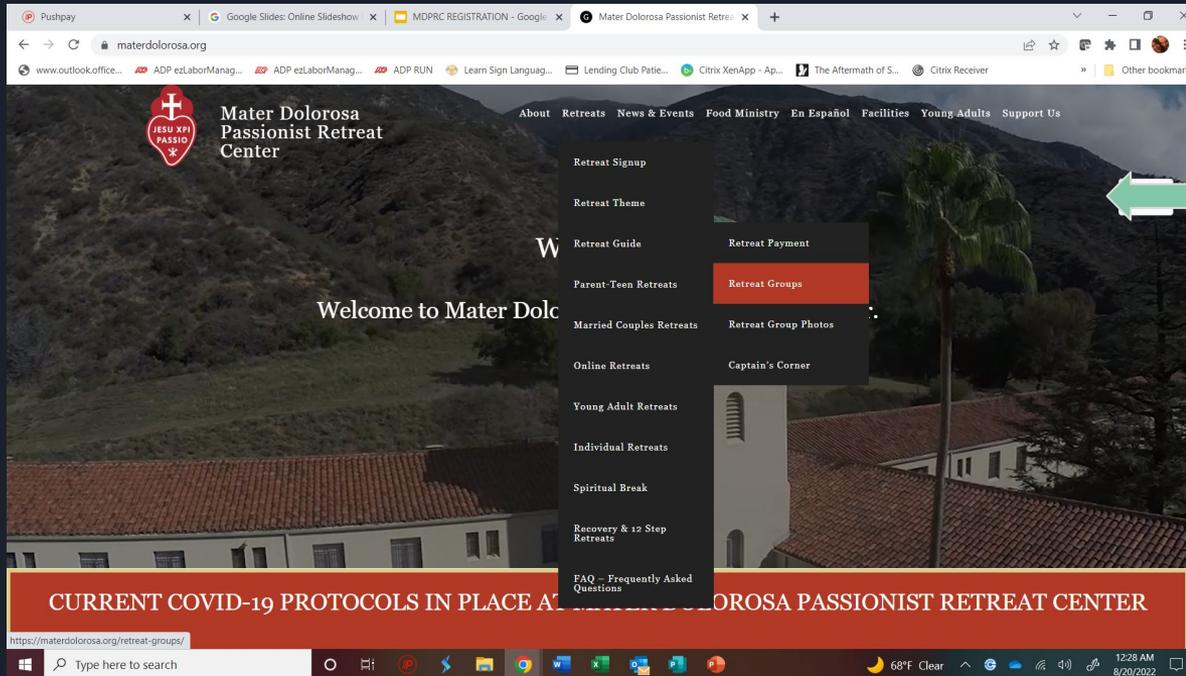
Home Phone

Street\*  
[REDACTED]

City\* State\* Postal Code\*  
Duarte CA 91010-2318

# RETREAT GROUPS

## WHEN IS MY RETREAT?



The screenshot shows a web browser window displaying the website for the Mater Dolorosa Passionist Retreat Center. The browser's address bar shows the URL <https://materdolorosa.org>. The website's header includes the center's logo and name, along with a navigation menu with links for About, Retreats, News & Events, Food Ministry, En Español, Facilities, Young Adults, and Support Us. A dark navigation menu is open, listing various retreat options such as Retreat Signup, Retreat Theme, Retreat Guide, Parent-Teen Retreats, Married Couples Retreats, Online Retreats, Young Adult Retreats, Individual Retreats, Spiritual Break, Recovery & 12 Step Retreats, and FAQ - Frequently Asked Questions. The 'Retreat Groups' link is highlighted in red. A green arrow points to this link from the right side of the screen. At the bottom of the page, a red banner contains the text 'CURRENT COVID-19 PROTOCOLS IN PLACE AT MATER DOLOROSA PASSIONIST RETREAT CENTER'. The Windows taskbar at the bottom shows the system tray with the date and time as 12:28 AM on 8/20/2022.

# Retreat Groups page:

Alphabetical order by parish

Date will take you to the registration form

Please verify that your phone numbers and emails are correct

If wrong, send me an email and I will get it corrected

The screenshot shows a web browser window displaying the website for the Mater Dolorosa Passionist Retreat Center. The browser's address bar shows the URL 'www.outlook.office...'. The website's header includes the center's logo and name, along with a navigation menu with links for 'About', 'Retreats', 'News & Events', 'Food Ministry', 'En Español', 'Facilities', 'Young Adults', and 'Support Us'. The main content area is titled 'Retreat Groups' and includes a note: '(Retreat groups are a reference only. You may attend any week that is most convenient)'. Below this is a table listing various retreat groups with columns for Group Name, Date, Type, Captain, Phone Number, and email. A green arrow points from the 'Date' column header to the first row of the table.

Group Name	Date	Type	Captain	Phone Number	email
All Saints, El Sereno	Sept 30 - Oct 02, 2022	Women	Call Retreat Center		
All Saints, LA	Sept 16-18, 2022	Men	Call Retreat Center		
Annunciation, Arcadia	Jan 13-15, 2023	Men	Bruce Kvidahl	626-444-1123	no email
Antelope Valley Chapter	Mar 3-5, 2023	Men	Troy Asher	661-943-1369	trasher88@gmail.com
Ascension, LA	Feb 17-19, 2023	Men	Call Retreat Center		
Ascension, San Diego	Nov 18-20, 2022	Men	David Akers	858-437-1445	concrete.aztec@gmail.com
Assumption of the BVM, Pasadena	Sept 16-18, 2022	Men	Ed Robledo	626-791-2222	eddy3333@sbcglobal.net
Assumption of the BVM, Pasadena	Nov 04-06, 2022	Women	Call Retreat Center	626-355-7188	

# CAPTAIN'S CORNER

The screenshot shows a web browser window displaying the website for the Mater Dolorosa Passionist Retreat Center. The browser's address bar shows the URL [materdolorosa.org](https://materdolorosa.org). The website header includes the center's logo, which features a red heart with a white cross and the text "JESU XPI PASSIO", and the name "Mater Dolorosa Passionist Retreat Center". A navigation menu at the top lists: About, Retreats, News & Events, Food Ministry, En Español, Facilities, Young Adults, and Support Us. A search bar is located in the top right corner. A dark grey dropdown menu is open, listing various retreat options: Retreat Signup, Retreat Theme, Retreat Guide, Parent-Teen Retreats, Married Couples Retreats, Online Retreats, Young Adult Retreats, Individual Retreats, Spiritual Break, Recovery & 12 Step Retreats, and FAQ - Frequently Asked Questions. The "Captain's Corner" option is highlighted in red, and a green arrow points to it from the right. The main content area features a large image of a stone altar with a statue of the Virgin Mary and the text "Welcome to Mater Dol...". At the bottom, a red banner contains the text "CURRENT COVID-19 PROTOCOLS IN PLACE AT MATER DOLOROSA PASSIONIST RETREAT CENTER". The browser's taskbar at the bottom shows the Windows logo, a search bar, and several application icons, along with system information: 68°F Clear, 12:30 AM, and 8/20/2022.

Pushpay | Google Slides: Online Slideshow | MDPRC REGISTRATION - Google | Mater Dolorosa Passionist Retreat Center | +

materdolorosa.org

www.outlook.office... | ADP ezLaborMag... | ADP ezLaborMag... | ADP RUN | Learn Sign Language... | Lending Club Patie... | Citrix XenApp - Ap... | The Aftermath of S... | Citrix Receiver | Other bookmarks

Logo: JESU XPI PASSIO

Mater Dolorosa Passionist Retreat Center

About | Retreats | News & Events | Food Ministry | En Español | Facilities | Young Adults | Support Us

Search: [Q]

Welcome to Mater Dol...

Retreat Signup

Retreat Theme

Retreat Guide

Parent-Teen Retreats

Married Couples Retreats

Online Retreats

Young Adult Retreats

Individual Retreats

Spiritual Break

Recovery & 12 Step Retreats

FAQ - Frequently Asked Questions

Retreat Payment

Retreat Groups

Retreat Group Photos

Captain's Corner

CURRENT COVID-19 PROTOCOLS IN PLACE AT MATER DOLOROSA PASSIONIST RETREAT CENTER

https://materdolorosa.org/captains-corner/

Type here to search

68°F Clear | 12:30 AM | 8/20/2022



## Captain's Corner

[2021-22 Brochure](#)



[Database for Captain's](#)



Please find attached Captain's Guidelines.

[\(cream\) Mater Dolorosa Retreat Center\\_Captains 2019-2020](#)

## Captains materials Retreat Season

Please click on the link to download materials:

[How to Submit Registration 2021-2022](#) How to submit registrations (for Captains and Co-captains only)



# CAPTAIN'S CORNER CONT...

Brochure (coming soon 2022-2023)

CCB (our database) login

-Easy access for database

Downloadable/Printable

- Bulletin announcement sample for your church
- Payment plan 2022-2023 (coming soon)
- QR Code for the video

# Payment Plan - Make payments towards a retreat Suggested Donation only

The screenshot displays the website for the Mater Dolorosa Passionist Retreat Center. The header includes the center's logo and name, along with navigation links for About, Retreats, News & Events, Food Ministry, En Español, Facilities, Young Adults, and Support Us. A search bar is located in the top right corner. A dropdown menu is open under the 'Retreats' link, listing various options: Retreat Signup, Retreat Theme, Retreat Guide, Parent-Teen Retreats, Married Couples Retreats, Online Retreats, Young Adult Retreats, Individual Retreats, Spiritual Break, Recovery & 12 Step Retreats, and FAQ - Frequently Asked Questions. The 'Retreat Payment' option is highlighted in red. The main content area features a large image of a stone path in a wooded area with the text 'Welcome to Mater Dolorosa'. A red banner at the bottom of the page reads 'CURRENT COVID-19 PROTOCOLS IN PLACE AT MATER DOLOROSA PASSIONIST RETREAT CENTER'. The browser's address bar shows the URL 'https://materdolorosa.org/making-a-monthly-payment-for-your-weekend-retreat/'. The Windows taskbar at the bottom indicates the system time as 12:36 PM on 8/20/2022, with a weather forecast of 80°F Sunny.



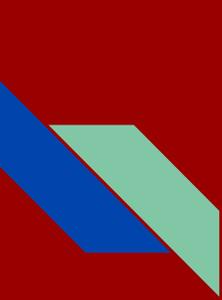
## Retreat Payment

For assistance with a payment plan for your retreat contact Nancy Boldt via phone at 626.355.7188 ext. 133 or via email [nboldt@materdolorosa.org](mailto:nboldt@materdolorosa.org).

Pay  
(Men's Retreat)

Pay  
(Women's Retreat)

Set up Monthly  
Payment



# CCB (CHURCH COMMUNITY BUILDER)

**Benefits to CCB access:**

**ACCESS TO YOUR PERSONAL FILE**

**ACCESS TO GROUP LIST with contact info and reports**

**ACCESS TO RETREAT REGISTRATIONS (ATTENDEES)**

CCB

Group List



Holy Family, Glendale - Men  
61 participants

INFO MESSAGES CALENDAR FILES NEEDS PARTICIPANTS

Ramon Alejo  
Henry Avellano  
Joseph Ashby  
Bob Austria  
Phone: (818) 808-4065  
Joseph Austria  
Deacon Ron Baker  
Phone: (818) 653-5536 | Email: Send Email  
Fernand Barriault

Group Actions

- Printable Directory
- Birthday List
- Anniversary List
- Parent List
- Individuals: Contact Cards
- Export Individuals
- Group Contact List
- Name List
- List of Families
- Postal Code Summary
- Blank Attendance Marking Sheets
- Roster with Barcodes
- Events & Attendance
- Event List
- Basic Event List for a Single Date
- Events with Resources

Retreat Registrations



Evangelist Retreat August 19-21, 2022  
Friday, August 19, 2022 3:00 PM - 10:00 PM | Captains

PREVIEW GUEST LIST ATTENDANCE CHECK-IN PUBLISH

Yes (67) Maybe (0) No (17) Not Responded (0) Requesting (0)

Invitation Settings Add People

If checked, set event status to... OK

Name	Additional Guests	Comments
<input type="checkbox"/> Maha Abdulahad	0	
<input type="checkbox"/> Lena C Aguilera-Solis	0	
<input type="checkbox"/> Lilibeth Agustin	0	
<input type="checkbox"/> Thomas Amestoy	0	
<input type="checkbox"/> Henry Arenas	0	

# Reports

Captains will receive a report once a month or once a week.  
Reports will be automated.  
Reports will have all those registered for the retreat weekend.  
You may edit the reports on excel to reflect only your parish or group.  
Reports will have retreatants contact information.

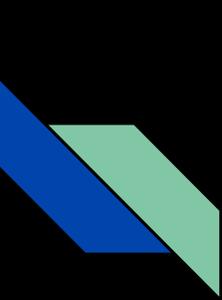
Example



NOTE: Example  
only has one  
retreatant

The screenshot shows a web browser window with the URL `materdolorosa.cbchurch.com/report.php`. The page title is "Registered for Men's Weekend Retreat Sept 16-18, 2022 (1)". The page features a search bar and "Edit Settings" and "Actions" buttons. Below the header is a table with the following data:

Last Name	First Name	Mobile Phone Number	Email	Custom Field — Home Parish
Barden	Lee	[REDACTED] 95	[REDACTED]	St. Lawrence Martyr, Redondo Beach



For any questions, contact:

Nancy Boldt – Weekend Retreat Coordinator,  
[nboldt@materdolorosa.org](mailto:nboldt@materdolorosa.org) or

626-355-7188 x 133

Also, available to zoom with you for a lesson.

The

# MDPRC Mobile App

&

## A Spiritual Break

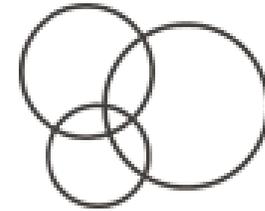
Retreat Evangelist Weekend

Saturday, August 20, 2022



# Where did we get a mobile app?

- In July of 2021, Mater Dolorosa transitioned to both a new database (i.e. Community Church Builder or CCB) and payment-processing platform (i.e. Pushpay)
- Along with these, we received the opportunity to build a custom, mobile application to foster communication and relationship with our Mater Dolorosa family



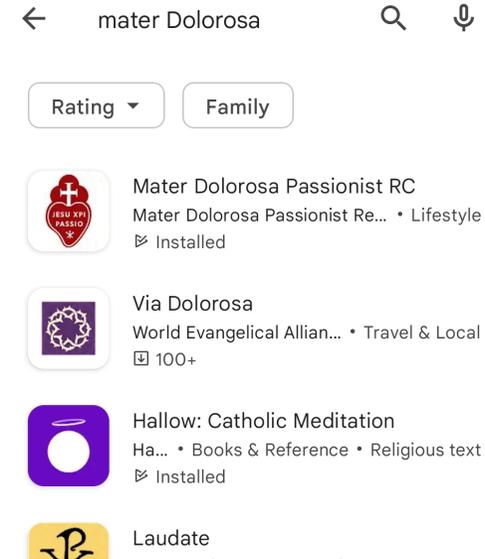
CHURCH  
COMMUNITY  
BUILDER



Pushpay®

# How to access/download the app?

1. Scan the QR code below using your phone's camera, or QR reader, and it will open the MDPRC App within your respective app store (Apple or Google Playstore)



2. Alternatively, you can open your phone's app store and search for it using the keyword "Mater Dolorosa" – it is classified as a "Lifestyle" app and the thumbnail is our red Passionist Logo (see above screenshot)

**Access the MDPRC App & Download to Your Phone or Tablet by clicking the appropriate icon or URL below:**



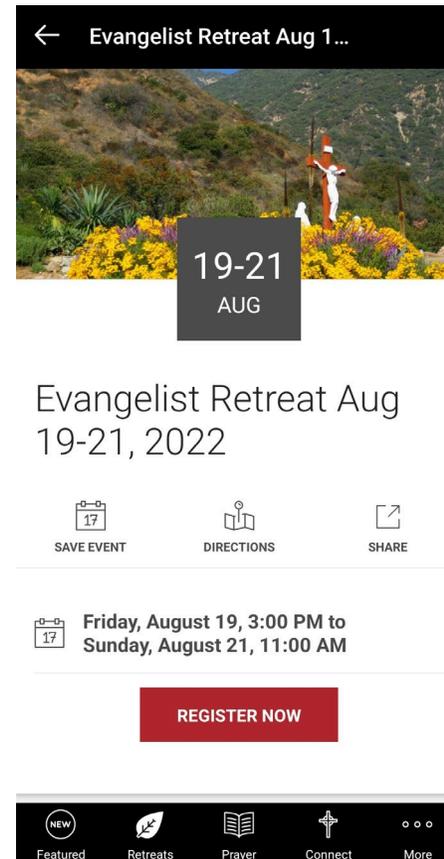
*Google Play Store (Android) - <https://play.google.com/store/apps/details?id=io.pushpay.materdolorosapassionistretreatcenter>*



*Apple App Store (iPhone/iPad) - <https://apps.apple.com/us/app/mater-dolorosa-passionist-rc/id1593684441>*

# Why should we use the app?

- Mobile tool for recruitment efforts
  - Doesn't require you or your co-captains/team to have a computer to share information with prospective retreatants
    - New videos (condensed, 90-second version vs. full, 8-minute version)
    - Retreat Theme details and imagery
    - FAQs
  - Can easily allow you to register someone directly in the app using our CCB-based form (the same we used for this past retreat season)

A screenshot of the 'Call To Action' form. At the top, there's a back arrow, the title 'Call To Action', and a 'SUBMIT' button. Below the title is a 'CANCEL' button and the text 'Evangelist Retreat August...'. The main body of the form contains a thank-you message: 'Thank you for your interest in partnering with us in the wonderful Retreat Ministry of Mater Dolorosa. This retreat is offered to Captains & Co-Captains. Please complete one form for each person attending.' Below this is a section titled 'Contact Information' with four input fields: 'First Name\*', 'Last Name\*', 'Email', and 'Mobile Phone\*'. At the bottom is a 'Mobile Carrier\*' dropdown menu. A navigation bar at the very bottom has icons for 'Featured', 'Retreats', 'Prayer', 'Connect', and 'More'.

**NOTE:** In order to complete a registration, the "Submit" button located top right must be blue and this will only happen once ALL required (\*) fields are completed in the form

# Why should we use the app? (cont).

- Connect with MDPRC Staff, Spiritual Directors, and access other Events at Mater Dolorosa
  - Submit Prayer Requests (found under “Connect” section)
  - Get more information about and contact Spiritual Directors at MDPRC
  - Opt-in for Push Notifications from the app, which would be limited to important news or messages pertaining to a specialized ministry, annual events, or general retreat center news. We will NOT “spam” you with notifications
    - This can be done at the time you download the app (you will be automatically prompted before the app completely opens) OR you can edit your categories for notifications at a later date by using the following steps:
      - Open the app and click on the “profile” icon in the top right corner of the app (looks like the head of a person)
      - From the new page, click the “settings” wheel icon in the top right corner of the newly opened profile page within the app
      - First item under “Church Settings” should read “Notification Categories;” click on that and select those categories you wish to opt-in to

# Why should we use the app? (cont).

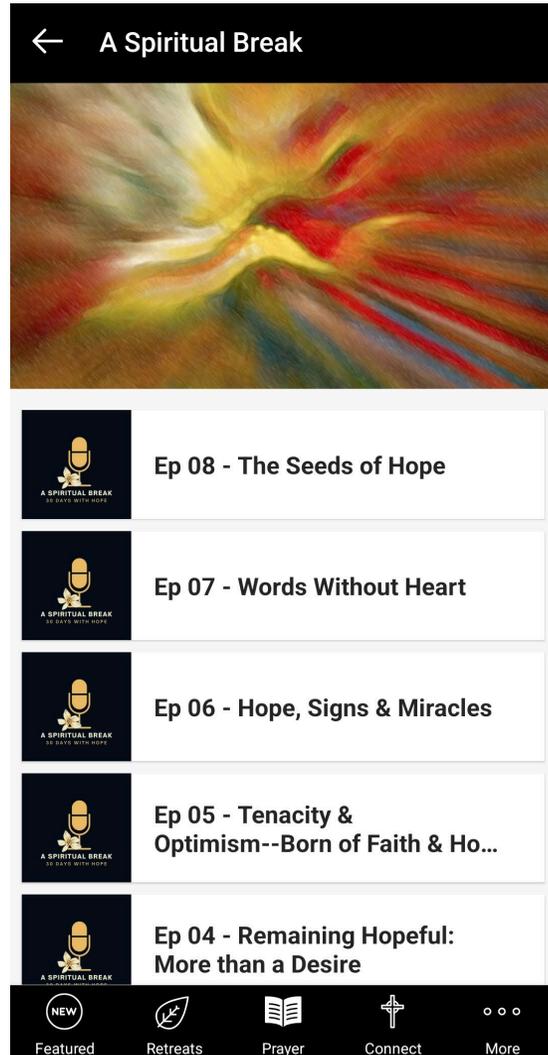
- The MDPRC App is a singular source for spiritual content that anyone can use when not at Mater Dolorosa – explore the “Prayer” section within the App
  - Contemplative Prayer introductions, tools, and reflections
  - Daily Mass Readings (both text-based and audio-based formats to suit your daily needs)
  - The MDPRC App provides a new home for *A Spiritual Break* in its new podcast format



# *A Spiritual Break...* in 2 Parts

- Previous Use & Function of *A Spiritual Break*
  - Reflections based on the year's Retreat Theme are published on a weekly basis
  - Contains written reflection, visual image, and sometimes an additional poem or scriptural reading
  - Distributed to Retreatants on an ongoing basis, once a week via email (new theme begins the week after your retreat and should carry you through until you return to Mater Dolorosa the following year)
  - Published publicly via our Mater Dolorosa Facebook page
  - Meant to sustain retreatants through the time between their annual retreat
  - This format will continue with each new Retreat season, but only really reaches those coming on retreat consistently

# *A Spiritual Break...in 2 Parts*



- *A Spiritual Break* “2.0”
  - A new format of reflections curated to exemplify a particular theme and intended to be used in a shorter, condensed period of time
  - The first version of this new format is currently available within the MDPRC App as an audio podcast
    - “A Spiritual Break: 30 Days with Hope” – 1<sup>st</sup> item within the “Prayer” section
- Future Intentions:
  - Fully, re-vamped website for *A Spiritual Break*
  - A book-based, reflective component to be available for purchase in the bookstore which would contain original artwork, textual reflections, and space for notes/personal thoughts
  - Additional podcast themes
  - Be able to reach a broader audience of people with *A Spiritual Break* (i.e. those yet to come on retreat at Mater Dolorosa, people who have stopped coming or are unable to do so, etc.)

## PROMOTION AND SOCIAL MEDIA COMMUNICATION TOOLS DISCUSSION

### Promotion/Social Media – A Brief Overview:

#### **Facebook**

Young Adult Ministry <https://www.facebook.com/groups/1484170118503069>

Mater Dolorosa Passionist Retreat Center

<https://www.facebook.com/search/top?q=mater%20dolorosa%20passionist%20retreat%20center>

#### **QR codes**

- A great way to easily/quickly share online content such as our registration form, videos, etc.
- Simply use a free QR generator online, supply the appropriate URL, and download the QR image to be dropped into whatever document or poster you're preparing

#### **Centering Prayer**

##### **Within the new MDPRC App:**

- The Jesuits Pray as You Go podcast/reflections
- USCCB Podcast

##### **Other tools in the works**

- Instagram/Twitter
- Zoom/Teams

**LARCC Calendar** <https://laretreatcenters.com/event-directory/>

*For additional information contact Rachel Ramirez or Michael Cunningham*

**Access the full promotional video from Mater Dolorosa by scanning the QR code below:**



## RETREAT EVANGELIST WEEKEND

### Closing Conference Summary Discussion: Questions in Bold, answers in italic

<b>1</b>	<p><b>Why did you first come on retreat?</b> <i>Others recruited me, called by the Holy Spirit. Why do you keep coming back?</i> <i>Love the grounds, food, conferences, different presenters, flexibility, the walks, serenity.</i></p>
<b>2</b>	<p><b>Have you thought about when you received and answered the call to become a retreat evangelist?</b> <i>Asked and was called, a gradual progression. Why did you do it?</i> <i>A supernatural call from God. A desire to share the qualities of Mater Dolorosa.</i></p>
<b>3</b>	<p><b>Someone asks you to describe in a sentence why you should come on retreat ... what is your answer?</b></p> <p><i>From my experience I have experienced peace, spiritual and physical healing, overwhelming joy and love. I was able to surrender and rest in the Lord. My spiritual life was nourished, and I grew closer to my God. The Lord loves you so much and wants the same for you. Please join us.</i></p>
<b>4</b>	<p><b>What makes silent retreats at Mater Dolorosa unique?</b></p> <p><i>Mater Dolorosa's unique location of spacious grounds snuggled next to the mountains with wide views of the valley below offers distance from the city and from our busy lives. Here there are open spaces of beauty and of peace.</i></p> <p><i>The silence is a companion that beckons us away, hushes the noise of the outside and encourages us to hold a conversation with ourselves and with God.</i></p> <p><i>As we walk together with our brothers or sisters in the corridors in silence there is a oneness, an equality, a community. We don't need to know where the others are from or what their jobs are —we are companions on the same interior journey. The silence makes that possible.</i></p>

	<p><i>There is a vulnerability in the quiet. Space for deeper reflection and letting the liturgies, activities and sacred spaces resonate and slow down time. We have the freedom to let God direct us.</i></p> <p><i>Walking the path of Jesus in the Stations of the Cross, seeing a deer grazing in the meadow, taking a few minutes to sit on a bench and feel the breeze and hear the gentle water falling in the fountain are all gifts enhanced by Silence.</i></p> <p><i>Even at meals, eating in silence while being read to is an unexpected pleasure feeding body, mind &amp; spirit.</i></p> <p><i>Whenever we return to Mater Dolorosa and go through the gates there is a visceral sense —we know in our spirits —we are on holy ground and our hearts are home.</i></p>
5	<p><b>What makes #1 on yesterday's top 20 retreat tips ... and why?</b> <i>Pray for guidance from the Holy Spirit.</i></p>
6	<p><b>What were the top two learnings from the role play yesterday?</b> <i>Relay a personal approach, don't force it and search for one too many scenarios to evangelize.</i></p>
7	<p><b>What were the top two learnings from the role play yesterday?</b> <i>Be empathetic, patient, poignant, and listening. Use ABC. Always be compassionate.</i></p>
8	<p><b>If you could add one more feature/tool to the MDPRC app what would that be ... and why?</b>  <i>Bi-lingual, Make payment optional, Share information about the app via text and email, have a map of the facility.</i></p>
9	<p><b>Do you consider your retreat evangelist work a ministry? If so why?</b> <i>Our ministry is a service to others in the parish. We do consider it a ministry.</i></p>

# Additional Questions?

Contact Us Using the Information Below:

*Need help with registration, specifics regarding your retreat weekend, monitoring attendees, Captain's Corner access or information?*

**Nancy Boldt, *Weekend Retreat Coordinator***

[nboldt@materdolorosa.org](mailto:nboldt@materdolorosa.org)

626-355-7188 ext. 133

*Need help with the MDPRC app, QR codes/other shareable links, A Spiritual Break emails OR podcast?*

**Rachel Ramirez, *Special Projects & Development Assistant***

[rramirez@materdolorosa.org](mailto:rramirez@materdolorosa.org)

626-355-7188 ext. 130

*Questions about the Retreat Season's theme/program or are looking for someone from the Retreat Team to come to your parish or your group's event?*

**Dr. Michael Cunningham, *Retreat Center Director***

[mcunningham@materdolorosa.org](mailto:mcunningham@materdolorosa.org)

626-355-7188 ext. 106