

Missionary Families of Christ SENIORS RETREAT MANUAL

The Seniors Retreat (SR) is a stay-in retreat that serves as the entry point to membership in the Seniors Assembly (SA).

Objectives of the SR

1. To inspire the participant to live out more fully and more intensely his/her life in the Lord and in MFC.
2. To foster a greater commitment to the MFC vision and mission.
3. To clarify what is expected of members of the SA.

Contents of the talks

1. Our Call and Mission
2. Leaving all for God
3. Giving all to God
4. Servant Leadership
5. Shepherds over the Flock
6. Our Commitment

Contents of this manual

1. Instructions for SR team leader
2. Schedule
3. Resource list
4. Service team checklist
5. Friday evening welcome remarks
6. Expanded talk outlines
7. Participant's handouts

Instructions for SR team leader

1. Schedule.
 - a) There is a choice of schedule (A or B).
 - * Schedule A is preferable, where Saturday is not as packed with talks.
 - * Schedule B can be used in situations where retreat participants may not be able to come on time for the start on Friday evening, due to work, traffic, etc.
 - b) With Schedule B, it is possible to cut out Friday altogether, though this is strongly discouraged.
2. Resource persons.
 - a) The service team would normally be composed of 3 couples.
 - * Team leader, assistant, servant (all stay-in).
 - * The team should include a guitarist.
 - * The team may be supplemented by others for certain tasks (registration, ushers/ porters, music ministry, sounds/taping, etc.)
 - b) The Friday evening welcome remarks usually will be handled by the team leader.

- c) Prayer leaders may be chosen from among the participants.
- d) Speakers are SA seniors.

3. Conduct of participants.

- a) This is a retreat.
 - * Silence is to be maintained at the appropriate times.
 - * Ensure that all participants do their personal reflections. Reflections are done individually.
- b) It is also a time to grow in relationships.
 - * Encourage fellowship at the appropriate times.
 - * Arrange seating during main meal times so that every participant is seated with new people at every meal (this may necessitate place cards).
- c) Participants should be mindful not to disturb others when time for evening rest.
- d) Ensure punctuality for every activity.
 - * Team servant should call people personally (from their rooms, etc.) just prior to activities.
 - * Speak to those who are late.
- e) Attire is relaxed and casual, but modest.

4. Attendance.

- a) All participants are expected to be at the retreat from beginning to end.
 - * Any request to leave the venue for any reason needs to be cleared with the team leader.
- b) Participants who miss any talk should listen to the tape during their free time during the week-end.
- c) Seniors who miss the SR can still join the SA but should listen to the talk tapes, and at the earliest opportunity join the next SR.

5. Activities.

- a) Worship times are for full worship.
 - * Encourage prophecy, as we can expect the Lord to speak strongly to the group.
 - * Worship leaders should be conscious of the time, keeping worship within 30 minutes (more or less).
- b) Saturday night program/entertainment.
 - * Divide the participants into 5 groups, the members of which appoint a group leader.
 - * By drawing lots, assign each of the groups to each of the 5 talks already given.
 - * Their presentation will be based on the content of the talks, and may take the form of a skit, a mime, songs, etc., or a combination thereof.
 - * Depending on time availability, there can also be games and the like.
 - * End with a short prayer.
- c) Sunday morning commitment.
 - * After talk 6, encourage participants to surface any question about the SA, since a simple commitment will be forthcoming.
 - * If anyone wants to share, this is welcome. Often such sharings will be encouraging for the others.
 - * Then lead the participants to read out the “commitment,” and pray over them for empowerment (This is to be handled by an SA elder, who could be the team leader).

SCHEDULE A

Friday

6:30 p.m.	Arrival, registration, fellowship
7:30	Call to order/gathering song(s)
7:45	Welcome remarks
8:00	Worship
8:30	Talk 1 : Our Call and Mission
9:30	Personal reflection
9:45	Snacks/Fellowship
10:00	Rest

Saturday

6:30 a.m.	Personal time
7:30	Breakfast
8:30	Worship
9:00	Talk 2 : Leaving All for God
10:00	Personal reflection
10:15	Snacks
10:45	Talk 3 : Giving All to God
11:45	Personal reflection
12:00 n.n	Lunch
	Rest and recreation
2:30 p.m.	Afternoon praise
3:00	Talk 4 : Servant Leadership
4:00	Personal reflection
4:15	Snacks
4:45	Talk 5 : Shepherds over the Flock
5:45	Personal reflection
6:00	Instructions for program
6:15	Preparation for program
7:15	Dinner
8:00	Program and fellowship
10:00	Rest

Sunday

6:00 a.m.	Personal time
7:00	Breakfast
8:00	Worship
8:30	Talk 6: Our Commitment
9:30	Personal reflection
9:45	Snacks/Open forum/Sharings
10:45	Commitment/Prayer for empowerment
11:00	Mass

12:00 n.n.	Lunch
	Departure

SCHEDULE B

Friday

7:30 p.m.	Arrival, registration, fellowship
8:30	Call to order/gathering song(s)
8:45	Welcome remarks
9:00	Worship
9:30	Snacks and fellowship
10:00	Rest

Saturday

6:30 a.m.	Personal time
7:30	Breakfast
8:30	Worship
9:00	Talk 1 : Our Call and Mission
10:00	Personal reflection
10:15	Snacks
10:45	Talk 2 : Leaving All for God
11:45	Personal reflection
12:00 n.n.	Lunch
1:00 p.m.	Afternoon praise
1:30	Talk 3 : Giving All to God
2:30	Personal reflection
2:45	Break
3:00	Talk 4 : Servant Leadership
4:00	Personal reflection
4:15	Snacks
4:45	Talk 5 : Shepherds over the Flock
5:45	Personal reflection
6:00	Instructions for program
6:15	Preparation for program
7:15	Dinner
8:00	Entertainment and fellowship
10:00	Rest

Sunday

6:00 a.m.	Personal time
7:00	Breakfast
8:00	Worship
8:30	Talk 6 : Our Commitment
9:30	Personal reflection
9:45	Snacks/Open forum/Sharings

10:45	Commitment/Prayer for empowerment
11:00	Mass
12:00 n.n.	Lunch
	Departure

List of resource persons

Service team head	_____
Registration	_____
Music Ministry	_____
Sounds/Taping	_____
Prayer leader:	
Friday evening	_____
Saturday morning	_____
Saturday afternoon	_____
Sunday morning	_____
Speakers:	
Talk no. 1	_____
Talk no. 2	_____
Talk no. 3	_____
Talk no. 4	_____
Talk no. 5	_____
Talk no. 6	_____
Program emcee	_____
Priest for Mass	_____

Service Team Checklist

1. Registration/attendance sheets
2. Materials for IDs
3. O.R.s for retreat fees and tithes
4. Tape recorder
5. Blank tapes (10 pcs.)
6. Handouts
7. Copies of books of the Servant General for sale.
8. Bell
9. Emergency sound system
10. Emergency lights

Friday evening welcome remarks

1. This is an important time for our life and service in MFC, as we take on a bigger responsibility and give even more of ourselves to the Lord.

2. This is a retreat. Leave the world behind.
 - a) Be in touch with God.
 - b) Listen attentively to the talks and take notes.
 - c) Do seriously the personal reflection after every talk.
3. Following is our retreat schedule.
 - a) Note: Go over just the main points quickly. Later, post the schedule.
 - b) Please be ready for each new activity and respond quickly when called.
4. Administrative details and house rules.
5. Closing exhortation.

(SG. Oct 7, 2019)