



Quad-Parish Faith Formation

936 9th Street Green Bay, WI 54304

920-497-7042

quad-parish.org

Find Home, Hope & Holiness

11/7/19

Hello Parents,

This letter is to inform parents that their son/ daughter needs to make up the 2019-2020 Faith Formation retreat. Since your son and/or daughter was not able to attend the middle school retreat on October 5th, your teen will need to make up this retreat. Below are the details on how to make up the retreat and a to-do list.

If you have any questions do not hesitate to contact me.

Blessings,

Kristin LaPlante

Quad-Parish Coordinator of Middle School and Young Adult Formation

936 9th St., Green Bay, WI 54304

klaplante@quad-parish.org

(920)497-7042 x 119

To-Do:

- Have your teen spend 2 hours in prayer (does not need to be done consecutively)
 - Some ideas **(there are many other ways)**:
 - Attend Holy Hour (2nd Thursday of every month at 7pm at Annunciation)
 - Reading the Bible
 - Praying a 9 day novena **(doing the whole novena will count for 1 hour)**
 - “A novena is made up of nine days of prayer and meditation usually to ask God for special prayer requests or petitions. Novenas are often used to ask specific saints to pray for us. The Saint Jude Novena, for example, is prayed to ask Saint Jude to intercede on behalf of a request that seems especially dire.” (<https://www.praymorenovenas.com/how-to-pray-a-novena>)
 - Serving: at church, a food pantry, helping a neighbor...
 - Journaling your prayers
 - Taking a prayerful walk
 - Listening to Christian music (90.1 FM & 90.5 FM)
- Have your teen fill out the Prayer Recording Form on the reverse side of this paper
- Turn in the Prayer Recording Form by Wednesday, April 1st

Prayer Recording Form

1. What was the type of prayer that you participated in? _____

“I did this prayer from _____ (time or day) to _____”

What was one thing you learned or noticed during this type of prayer? _____

2. What was the type of prayer that you participated in? _____

“I did this prayer from _____ (time or day) to _____”

What was one thing you learned or noticed during this type of prayer? _____

3. What was the type of prayer that you participated in? _____

“I did this prayer from _____ (time or day) to _____”

What was one thing you learned or noticed during this type of prayer? _____

4. What was the type of prayer that you participated in? _____

“I did this prayer from _____ (time or day) to _____”

What was one thing you learned or noticed during this type of prayer? _____
