

Teen & Sponsor Confirmation Retreat

Saturday, February 8th

St. Raphael Church 12:30-6:00 pm

Teens and sponsors are asked to attend an action-packed retreat that will help you connect with each other & Jesus!

At this engaging and FUN retreat, you'll get:

- ✓ A BREAK from your busyness
- ✓ Quality & memorable time with your sponsor/candidate
- ✓ A chance to have FUN with games & hands-on activities
- ✓ Inspired by true stories
- ✓ A delicious lunch
- ✓ The experience of peaceful & powerful prayer
- ✓ **Mass** in a meaningful way
- ✓ Greater understanding of & desire for Confirmation



Helping Teens Live Their Faith: Confirmation Holy Wow!

An Inspiring App for Teens, Sponsors & Parents

- ✓ Connect with your sponsor/candidate
- ✓ Deepen your friendship with God
- ✓ Access the power & strength from the Gifts of the Holy Spirit
- ✓ Develop habits of faith practices & stay involved at St. Raphael!



This app was made for St. Raphael

by Jenny Krumdrick

Catholic Speaker & Confidence Coach for Teens
ContagiousLight.org 815-514-0051

→
Scan or click
HERE to get
FREE access*

*You'll need to SIGN UP
before you LOG IN



For the retreat: If your sponsor is not available, ask a parent or other fun adult to join you. Please eat breakfast **BEFORE** you arrive. If you have special dietary needs, you may bring your own lunch. Please wear comfortable clothes and gym shoes. (Late arrivals and early dismissal is not allowed.)



2 FREE Compelling & Helpful Resources for Teens



How Teens Manage Stress to THRIVE!

4-Part FREE Coaching Course



How Teens Embrace & Live Their Faith

Inspiring Content for Teens, Sponsors & Parents



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Do you want to:

- ✓ Manage your stress & emotions better?
- ✓ Think more positively about yourself?
- ✓ Handle school stuff more strategically?
- ✓ Cultivate even better friendships?
- ✓ Connect with your sponsor/candidate?
- ✓ Deepen your friendship with God?

This was made for teens & families at St. Raphael!



Jenny Krumdrick
Confidence Coach for Teens
ContagiousLight.org
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You Get:

- ✓ Access to helpful content on the free Self-Love Club app: Short videos, simple exercises and practical strategies for success
- ✓ Access compelling content on phone, devices and/or computers (for teens, parents & sponsors)
- ✓ FREE monthly teen & parent group coaching sessions (optional)

Sign up now!