

Years 7-12
Scope and Sequence
for
Retreat & Reflection Programs



Cabra Dominican College

Why do we Retreat and Reflect?

When you love you should not say God is in my heart but rather I am in the heart of God

(Kahlil Gibran)

At Cabra Dominican College, a Catholic school in the Dominican tradition, we understand how participation in a Retreat or Reflection Program can be a significant turning point in the faith, personal growth, and lives of young people.

It is in the context of the intimate community setting of a Retreat or Reflection Program that the personal and spiritual dimensions of Religious Education are 'at home'. In accompanying young persons in this context, we realise the unique privilege that is ours to help make Christ visible through helping community develop. Such experiences serve to empower our young people to develop their own leadership skills as potential community builders and participants in the creating a world God desires.

Some years ago, Archbishop Leonard Faulkner released a vision statement for the mission of the Church in the Adelaide Diocese, called "Community for the World". In it he wrote:

There is a sense in which every one of us is called to be a leader. To be fully human is to have a sense of participating with other people, and with God, in shaping our world. There are many people in our society who are hurt and alienated. They have little sense of meaning, and little sense of their own value. Our Christian faith has something to say to them. We believe that each person is of immense value, and made in the very image of God.

He goes on to say...

Most of us need help to discover that we really matter, that our lives are important. We need others to listen with us. To help us see what is happening, to reflect about it in the light of the gospel, and to find different ways of acting. We need encouragement. We need others to walk with us. There are many ways in which we can support each other in our Christian action in the world. Small Christian communities are particularly valuable in training us to discover our vocation in the here and now.

The Retreat and Reflection Programs at Cabra Dominican College offer students opportunities to experience an authentic Catholic community in action. They are developed in such a way to 'meet students' at the point of their faith journey and stage in life, to encourage a continuation of their individual journeys of faith into future.

This is achieved through exploring three inter-related aims presented through age-appropriate activities and emphases. The three aims of our Retreat and Reflection Programs are:

- **DEVELOPING MYSELF** - By providing opportunities for growth in self-awareness, self-knowledge, self-worth.
- **CONNECTING WITH OTHERS** - By being challenged to deepen relationships with others.
- **KNOWING GOD** - By enabling students to explore and develop their faith, reflect on who God is for them, and to have opportunities to grow their commitment to living the Gospel values in our world.

On the following pages is the scope and sequence of how these aims are presented to students from Years 7 through to Year 12 at Cabra Dominican College in our various programs.

Scope and Sequence

Year	Broad Theme	Age-Specific Theme	Content	When & Where
7	What it is to be part of a Community	Welcome to this place! (Ages 11-13)	<ul style="list-style-type: none"> An introduction to the Cabra community, its Dominican ethos, Catholic values and community expectations. Through these sessions, students come to know what this community stands for and how they are now a part of sustaining this legacy. Introduction of student journals* 	½ day, Term 1, onsite
8		What it is to be a Dominican... (Ages 12-14)	<ul style="list-style-type: none"> A deeper insight into who St Dominic was, his beliefs and life-experiences. An opportunity to learn more about how St Dominic has influenced the lived faith of others, including the sisters of the Holy Cross Congregation and the establishment of the college. Looking more deeply at how Dominican spirituality holds the Gospel values at their core. 	1 day, Term 1, onsite in various locations (rotation of activities)
9	What Influences our Personal Growth	Challenge and Change (Ages 13-15)	<ul style="list-style-type: none"> Rite Journey Abyss, where physical and mental challenges are experienced with students' RJ class, to show that fear can be faced. Includes reflective sessions to unpack what influences, assists or inhibits our ability to grow, embrace challenge, tolerate pain, face adversity and uncertainty. 	3 days/2nights, Term 2 or 3, offsite
10		Trust and Connection (Ages 14-16)	<ul style="list-style-type: none"> An opportunity to 'take stock' on how we authentically build connection with others. The relationship between trust and vulnerability is highlighted. The topic of "shame" is explored. Love letter to self 	1 day, Term 2 or 3, offsite
11	Empowered to Create a Better World	Becoming (Ages 15-17)	<ul style="list-style-type: none"> Feel it all Be still and know Dare to imagine Build and Burn Affirmations 	2 days/1 night, Term 3, offsite
12		This is Me (Ages 16-18)	<ul style="list-style-type: none"> Reflecting on who I've been Perceptions of self and others Masks we wear Road of Life Images of God Living into Our Values Affirmations Letter to Loved Ones 	4 days/3 nights, Term 1, offsite. Followed by a series of mini-workshops during the year, and a Retreat Reunion in Term 3, (1 day offsite).

**From 2021, our Yr 7 students have been presented with a Journal to mark the beginning of their personal journey here at Cabra. These journals will be made available for students to privately reflect in at every stage of the Retreat and Reflection Programs. Overtime, they will become a wonderful time capsule of students' spiritual growth and experiences here at Cabra and a precious keepsake for life.*