



Moana Retreat

A retreat designed for young people to learn about and discuss the idea of discernment in Christian life through the Disney movie *Moana* and elements of the Confirmation service in the BCP

Overview

Time Required: Flexible; 2 hrs. if participants watch movie ahead of time, ½ day if watching movie together at retreat

Age Group: Middle school through high school

Time	Activity
10 minutes	Icebreaker: Favorite beach or outdoor memory
[2 hours]	[If watching movie together, do so now. Running time: 1 hr, 43 min.]
30 minutes	Time for independent journaling (see Guided Journal PDF)
15 minutes	Discussion of discernment and what it means in Christian context
10 minutes	Community support presentation
15 minutes	Discussion of Baptismal Covenant (BCP 416)
30 minutes	Called by Name craft
5 minutes	Closing prayer

The Primary Objective

Objective	Means
Learn about discernment in the Christian life and how it relates to confirmation	Guided journaling
	Group discussion
	Presentation from member of church community

Guide for Retreat Leader

Icebreaker (10 minutes)

Ask participants to introduce themselves and share their favorite beach or outdoor memory. Be sure to introduce yourself and share yours!

Independent Journaling (30 minutes)

Hand out the Moana Retreat Guided Journal to each participant (see PDF). Ask participants to spread out and get comfortable (as much as possible in your space) so that they may think and reflect quietly. Make sure they know that the journal is theirs to keep and that they will only share what they choose during discussion.

Let participants know when they have 10 minutes and 5 minutes remaining.

Discussion: Discernment in the Christian context (15 minutes)

Use pages 1-5 of the guided journal to conduct a group discussion of discernment. Open by explaining to participants that while we tend to think of discernment as a formal process related to the priesthood, Christians are actually discerning all the time. Feel free to share an example of discernment from your own life.

Community Support Presentation (10 minutes)

Open this portion by referring participants to page 6 of the guided journal, allowing anyone who's interested to share what they wrote about people in their life who have guided them.

Ask a member of your congregation to join the retreat for these 10 minutes to share with participants a personal example of a time when they have felt supported by their church community. Try to choose someone whose gifts include engaging a crowd, particularly the age group you're expecting at your retreat. If your volunteer is comfortable, allow participants to ask questions.

Discussion: The Baptismal Covenant (15 minutes)

Participants will have read the Baptismal Covenant independently during journaling, but take some time to look at it together (see BCP pg. 416). Allow participants to ask further questions and talk about what the Baptismal Covenant means to them and how they might live out its promises in their daily lives.

Craft: Called By Name (30 minutes)

Start by discussing pages 7-8 in the guided journal. Emphasize the notion presented in Isaiah 43:1 that God calls us by name, including every individual participant, and that learning to discern is an important part of Christian life, particularly to discern our various calls.

Next, allow time for participants to create community with one another while making a creative expression of their name using craft supplies. Consider including letter stencils or bulletin board letters, cardstock, tissue and Mod Podge for collages, sand or glitter if it won't send your sexton into a flurry--whatever suits your group and your budget! See pictures of examples below.

Closing Prayer (5 minutes)

Close in the prayer of your choosing. Ideas include options in the BCP such as the Prayer for Young Persons (pg. 829) or an extemporaneous prayer inspired by your discussions.

Supplies Needed

- Printed journals, one for each participant
- Books of Common Prayer, one for each participant
- Pens and pencils
- Craft supplies
 - Cardstock
 - Letter stencils or bulletin board letters
 - Pens, pencils, markers
 - Paper, colorful tissue, glue or Mod Podge for collages
 - Glitter or sand (for a beach theme)
- Optional
 - Themed decorations: Moana or beach themed party supplies
 - Themed snacks: Trays with tropical fruits, Goldfish crackers, seaweed snacks, Swedish fish, saltwater taffy, etc.

To Do List

- Recruit volunteers, especially community support presenter
- Print and assemble journals
- Gather supplies