

Rules Talk:

I Introduce each senior retreat leader.

Some of you may already know me and as Mrs. Vawter told you my name is _____. I am the Rector of this retreat and my Assistant Rector is _____. The retreat leaders are _____.

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Over the next few days we are going to be living together and we need to be sure that we follow all of the rules to make sure the retreat runs as smoothly as possible. Without question we **MUST** follow the rules given to us by the retreat house. My best advice is to use your common sense, if it seems like you should not be doing something, then don't do it!

We are representing Pallotti and we want to be welcomed back to Msgr. O'Dwyer. In past years we have used this retreat house and have no problems, it is our expectations not to have any this year either. Any Pallotti rules as stated in the handbook are applied here. Anything you can get into trouble for at school you can be punished for on this retreat.

It is extremely important that you be where you need to be, when you need to be. We have a schedule set on the retreat and there is no excuse to be late for anything. We will not begin any activities until we have everyone in attendance. If it happens that we cannot begin something on time, we will do everything that is scheduled in that session and it will take away from your free time. So basically, be where you need to be when you need to be if you want all the free time we have allotted to you.

We did not specifically tell you not to bring cell phones but we are going to say that you may not use your cell phones while on retreat. We are not just saying this to be mean but by using your cell phone, at anytime, no matter who you're calling, can be a distraction. The retreat is meant for you to get away from your daily life and to be away from everything and everyone. We need for you to be fully present at this retreat and be with the people you are here with, not with your friends back at home. So please...do not use your cell phones.

Another issue we need to address is when you are asked to be quite, silent, or to be alone we have to ask that you do as we ask. We are asking you to have a level of maturity when dealing with these situations. There will be times on this retreat where we need silence, when we will be meditating or that we make ask you to take some time alone by yourself. If we are silent in prayer or meditation and you are not willing to be open to it or do it yourself, we need for you to still be quiet. If you are talking during a quiet period or a meditation you are a distraction to other people. Others may really want to participate in the meditation or prayer and you will be ruining it for them if you talk. So **PLEASE**, listen to us if you are asked to do something, especially when asked to not talk- there is reason for it.

We really would like everyone to approach this retreat with an open mind. Some of the things we will do on the retreat may seem different or may be something you have never done. We want for

you to have an open mind towards it and at least try everything we ask you to do.

One of the most important things that I cannot stress more than anything else is the confidentiality rule. A lot of personal information will be shared on this retreat. The senior retreat leaders especially will be disclosing personal information and it is our hopes that whatever is said on retreat. **STAYS ON RETREAT!!!** What information is shared on retreat is not meant to leak through the hallways at Pallotti. It is vital that you keep this honor code because it is essential that people feel comfortable enough to be open while on retreat. The exception to that rule is if someone approaches us with grave or serious matters that could potentially harm them or others we will have to bring this to an adult.

Lastly, ask questions. If you have questions about **ANYTHING** ask one of the adults or senior retreat leaders, we will be happy to answer the questions for you. That is what we are here for. If you need anyone to talk to also, just let us know.