



## J+WALKERS MIDDLE SCHOOL RETREAT

### REFLECTION TOPICS

MESS-MAKING HOW TO  
LOUD, PROUD, AND... MESSY?  
THE BEAUTY OF MESS  
AND MORE!

### ACTIVITIES

SCAVENGER HUNT  
BASKETBALL  
SPIKEBALL  
VOLLEYBALL

### PRAYER OPPORTUNITIES

JOURNALING SESSIONS  
VISIO DIVINA  
AUDIO DIVINA  
OUTDOOR MASS WITH FR. JOHN

### MEALS/SNACKS

S'MORES  
BREAKFAST  
LUNCH  
DINNER