

RETREAT SCHEDULE *(NOTE: All Time Subject to Change)*

2014 'Plan B' Schedule

Saturday

7:00am	Start Fire / Do Any Last Minute Setup
7:25am	(Pick a Number - Assigns Team Numbers for Games)
7:30am	(Light Candle) - Opening Prayer Service - Man's Purpose on Earth (# 1)
8:00am	Marble Gutter Game (Starts Them Working as a Team)
8:30am	Game - I Am Like
9am	1st Report & Feedback (45 Mins? - Some Reports Dones in Workshops Already)
9:45am	Wonder & Awe Hike (weather permitting) or Butt Volleyball (Teams by #'s)
10:30am	2nd Report & Feedback (45 Mins?)
11:15am	Hula Hoops & Ball Game
12pm	Prepare, Grace, Eat, Cleanup for Lunch
1pm	Carpet Square Challenge
1:30pm	3rd Report & Feedback (45 Mins?)
2:15pm	Prayer Service - Praying Scripture for Spiritual Growth (# 2)
2:30pm	Scout Rosary Craft & Music
3pm	Pray the Rosary Together
3:30pm	Prayer Inventory
4:00pm	Bible Challenge Games and/or Blow Ball Tennis
5:00pm	Prepare, Grace, Eat, Cleanup for Dinner (Bible Outburst Game Too)
6:00pm	Bible Jeopardy / Celebrities Game
8:00pm	Christian Movie
11:00pm	Lights Out

Sunday

7am	Wake Up and Dress for Mass
7:45am	Head to Mass at St. John's on Depot Street
9:15am	Read Letters from Home - Reflection
9:15am	Adults Prep Breakfast
9:45am	Grace, Eat, Cleanup for Breakfast
10:30am	Desert Island Team Building
11am	Closing Prayer / Story of St. Benedict & Medal Presentation
11:30am	Clean Up
12pm	Depart

Prayer 1

Opening Prayer: Come let us consider the paths of our lives and the paths our lives should be taking, as we enter into this retreat time together.

Each person read a paragraph and passes to the next person after some quiet reflection.

Man's Purpose on Earth

1. Christ says to us: My Child, the highest goal of your life is union with Me in Heaven. Let your intentions throughout the day be guided by this truth. In all things be sure to stay on the path, which leads to Heaven. Do not become too deeply interested in the passing desires and brief enjoyments of this earthly life.
2. I have given you everything that you are and everything you have. All things come to you from Me, the Supreme Good. Whatever comes, accept it, use it, enjoy it, as I wish and as much as I wish.
3. If you think only of satisfying yourself, without considering My approval, your mind becomes confused, and your will becomes weak. Mistakes and sins will rob you of peace on earth and of unending happiness in Heaven. In all things, therefore, keep your eyes on Me.
4. Happy are those who desire only what I want, trying steadily to do My will. Such people do not let themselves become completely absorbed by their daily activities. They frequently offer their activities to Me. They see brevity of human contentment on earth. Examine your motives in your daily words and actions. Find out how much you may please Me more, and avoid everything which may draw you away from Me.
5. Think about yourself:
I was created for eternal happiness with God. Everything else must take second place in my life, because if I lose Heaven, I will be losing everything. The sure guide to Heaven is God's holy Will. If I follow it in my daily life, every moment on earth will be a sure step toward the perfect happiness, which my heart craves.
6. Let us pray: My God and loving Father, grant me the wisdom to think, speak, and act each day as You want me to. May I never be such a fool as to disagree with Your supreme goodness and wisdom. Nothing on earth can bring me any lasting happiness. Therefore, let me never sin for the sake of anything. I want to live for the perfect happiness for which You created me. Amen.

Game / Activity Outlines:

I Am Like

Bag of Small Items (i.e. toys cars, paper clip, safety pin, watch, etc...)

Young Men reach in and pick out an item and say why they are like that item

i.e. - I am like a car as I like to do everything fast

"We all have learned a lot about each others likes and dislikes. Let's take a look at ourselves now, and consider how God sees us, and how we see ourselves. There are many things inside this gift bag, each one of us can choose one object from the bag, and just hold it. Pass out items. Then each person in turn tells the group: "I am like this object in this way....."

"As we continue on, let us think about ourselves, and whether we like these attributes or if there are things we would like to change or expand in our personalities and in our lives? Are there any things that God would like you to change or to try to do?"

Wonder and Awe Hike

Pick slips of paper from a bag until you **FIVE** slips. Written on the slip will be adjectives. Take your adjectives and then hike in forest and find something that fits that adjective. Then write a brief synopsis of what you saw, how it fits the adjective, and how you are in awe of God creating it. Then share your synopsis with the group.

Table Hockey

Choose 2 Teams by picking numbers from a hat. Then place a blanket on the table, (for friction and to get rid of 'bumps' on the table). Place teams on opposite sides of the table. Place a ping pong ball in the center of the table. Each team has to defend its side of the table to keep ping pong ball from going off. The team can **ONLY** use their breath to move the ping pong ball. Points are awarded for the ball going off the

other teams side or if a team touches the ball with anything but their breath. No points are awarded if the ball goes off the end. The ball is just replaced in the middle. First team to 10 points wins.

PATROL:

DATE:



PLACE:

POPE PIUS RETREAT MENU PLANNER

NAME	ATTENDING	PAID	INITIAL
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Supplies / Equipment		
	WH O	HAVE
Aluminum Foil		
Cooking Spray		
Troop Stove		
Propane		
Hot Water Heater		
Pots for Soup, Corn, Ptoes		
Dutch Oven (3)		
Charcoal		
Server Fork & Spoons (2)		
Ladle / Tongs		
Char. Chimney / Ltr. Fluid		
Welder Gloves		
Measurin g Cups		

Paper Plates / Cups			
Plastic Utensils			
Paper Towels (2)			
Toilet Paper			
Baby Wipes			
Hand Sanitizer Pump			
Trash Bags			
Cooler			
Bug Juice Jug			
Ice			
Water Jugs			
<p align="center">Grocery List For: (__ Scouts / __ Adults)</p>			

Saturday Lunch

Entrée

Side(s)

Drink

Notes

Dinner

Entrée

Sides(s)

Drink

Dessert

Notes

Cr. Barrel *Optional*

Sunday **Breakfast** *Entrée*
Sides(s)
Drink
Notes

Grubmaster(s): _____

Adult signature: _____

Grace Before Meals

Addams Family Grace

(tune: Addams Family)

We thank the Lord for givin'
The food we have for livin' The
friends we have for sharin' The
Scout family.

da, da, da, dum (snap, snap)

da,da,da,durn(snap, snap)

Do a Ditty Ditty Dum Ditty Doo

(tune: **Doo Wah Ditty**)

Here we are with such good food to eat,
Singing, do a ditty ditty dum ditty doo.

We thank you Lord for this tasty treat,
Singing, do a ditty ditty dum ditty doo.

It looks good (looks good)

It tastes fine (tastes fine)

It looks good, it tastes fine, Lord,
we thank you all the time.

Singing, do a ditty ditty dum ditty doo.

Do a ditty ditty dum ditty doo.

For Health and Strength

For health and strength and daily bread,
We praise 'thy name, O Lord.

For These Thy Gifts

For these thy gifts we offer,
And friends to help us share them, Bless
us, Lord,
And give us grateful hearts.

God Is Great

God is great, God is good,
Now we thank Him for our food,

You gotta thank Him in the
morning, And thank him in the
night,
'Cause God, God, God is outta sight.
Amen, amen, amen, amen.

God Our Father

(tune: Are You Sleeping?)

God, our Father, God, our Father,
Once again, Once again,
We shall ask thy blessing,
We shall ask thy blessing,
Amen. Amen.

Grace for Scouts

(tune: Edelweiss)

Bless us, Lord, bless this food,
Come, O Lord, and be with us.
May our hearts glow with peace.
Bring your love to surround us.

Friendship and peace,
May they bloom and grow,
Bloom and grow forever. Bless
our food, and bless our friends,
Bless us scouts forever.

Hark to the Chimes

Hark to the chimes,
Come bow thy head,
We thank thee,
Lord, For this good
bread.

Hi-Ho

(tune: Hi-Ho from Snow White)

We know, We know,
From whom the blessings flow,
We thank Him then,
And say, Amen,
We know, we know, we know, we know.

Johnny Appleseed Grace

The Lord is good to me,
And so I thank the Lord,
For giving me the things I
need, The sun and the rain,
And the apple seed.
The Lord is good to me.

Superman Grace

Thank you, Lord, for giving us food,
Thank you Lord, for giving us food,
For the food we eat,
And the friends we meet.
Thank you, Lord, for giving us food.

Back of the Bread

In back of the bread is the flour,
And back of the flour, is the mill,
And in back of the mill,
Is the wind & rain, and the Father's will.

Thanks Be To God

(Tune: Windy)

Thanks be to God, the Father Almighty,
Thanks be to God who gives us this bread.
Thanks be to God for learning &
friendship, Thanks be to God forever.

Thank You For The Food We Eat

(tune: Michael Row the Boat Ashore)

Thank you for the food we eat, alleluia,
Thank you for the friends we meet,
alleluia, Thank you for the birds that sing,
alleluia, Thank you, Lord, for everything,
alleluia.
Alleluia!

For the Wonders of Nature

For the wonders of nature
(hold arms outstretched)
For the friendships we share
(lower arms slightly and hold hands)
For the 'bounty before us
(arms forward toward food)
We're thankful You care.
(arms drop, hands held low, lower head)

Philmont Grace

For food, for raiment,
For life, for opportunity,
For friendship and fellowship,
We thank Thee, O Lord.

Bless Us

Bless us, O Lord,
And these Thy gifts,
Which we are about to receive,
From Thy bounty,
Through Christ, Our Lord, Amen.

Evening Grace

Tireless Guardian, on our way,
Thou has kept us well this day.
Health and strength we have from thee.
Help us, Lord, to faithful be.

Prayer 2

Opening Prayer: Let us pray from the scriptures together as we continue our journey through this retreat.

Each person read a paragraph and passes to the next person after some quiet reflection.

Praying Scripture for Scriptural Growth

1. Consider these attributes of God:
You are my God, and I will give thanks to You.
You are my God and I will exalt you.
I will give thanks to You Lord, for You are good.
Your loyal love endures forever. (Psalm 118: 28 – 29)

You O God, are the blessed and only Sovereign, the King of kings, and Lord of lords. You alone have immortality and dwell in unapproachable light. No one has seen You or can see You. To You be honor and eternal dominion. (1 Timothy 6: 15-16)

Pause to reflect on these affirmations about the person, powers and perfection of God.)

2. Consider the works of God:

When I consider Your heavens, the work of your fingers, the moon and the stars, which You have set in place, what is man that You are mindful of him, and the son of man that you care for him?

You made him a little lower than the heavenly beings and crowned him with glory and honor. You made human beings the rulers over the works of Your hands, and You put everything under their feet. (Psalm 8:3-6)

3. O Lord of hosts, God of Israel, Enthroned between the cherubim,
You alone are God over all the kingdoms of the earth; You have made heaven and earth. (Isaiah 37: 16)

Take a moment to consider the greatness of God's wonderful works.

4. Consider our relationships with God.

O Lord, bless us and keep us;

O Lord make Your face shine upon us and be gracious to us;

O Lord turn your face toward us and give us peace. (Numbers 6:24-26)

5. You have loved me, O God, and called me to be a saint; You O God my Father, and the Lord Jesus Christ have given me grace and peace. (Romans 1:7)

Pause to thank God for the relationship that you enjoy with Him in Jesus Christ.

6. Consider the character we want to cultivate in our own lives.

Lord, who may dwell in Your Tabernacle?

Who may live on your holy mountain?

Those who walk uprightly and work righteousness, and speak the truth in their hearts; They do not slander with their tongues or do evil to their neighbor or take up a reproach against their friends;

They despise the reprobate but honor those who fear You. They keep their oath even when it hurts, lend their money without interest and do not accept bribes against the innocent.

Those who do these things will never be shaken. (Psalm 151-5)

7. I will let my eyes look straight ahead and fix my gaze straight before me. I will ponder the path of my feet so that all my ways will be established. I will not turn to the right or to the left, but keep my foot from evil. (Proverbs 4: 25 – 27)

Take a moment to consider the greatness of God's wonderful works.

8. Consider our relationships with others.

Friends love at all times; they are born for times of adversity. (Proverbs 17:17) We must be devoted to one another in love, honoring one another above ourselves.

(Romans 12: 10)

Pause to review your relationships with others and to commit them to the Lord.

9. Thank you Lord for this afternoon, be with us as we continue on our path towards Your will in our lives. Amen.

Scout Rosary

The Scout Rosary is a prayer gadget. A sized stick is found in the woods, notched and carved (or painted) with care to serve as a wood tool for use by Scouts on the trail. The Scout Rosary costs nothing to make except for some quiet and still time in the hands of the Scout.

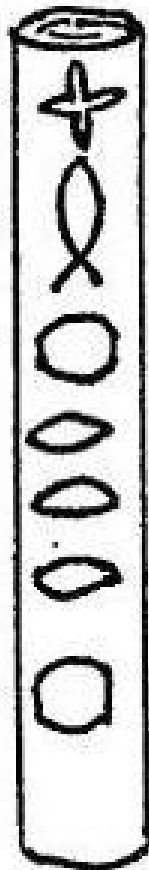
Cross notches for a crucifix

Sign of the Fish for the Apostle's Creed

Wide notch for the Lord's Prayer

Small notches for 3 Hail Marys for Faith, Hope and Charity

Wide Notch for Glory Be



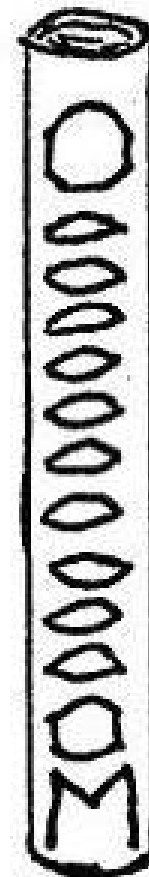
Front

Wide notch for the Lord's Prayer

Small notches for Hail Marys

Wide notch for the Lord's Prayer

"M" for Hail Holy Queen (or try 4 smaller notches)



Back

Catholic Jeopardy

Rules, Questions, and Answers From Book of Catholic Games Bill Has.
Choose 3 Teams by picking numbers from a hat.

Marble Gutter

Each person has **TWO** gutter pieces. The object is to move the marble through gutter pieces across the room using **ALL** the team members gutter pieces at least once and landing the marble in a bucket that is placed across the room on floor.

Desert Island

Written game where you determine what you would need to survive in the desert. First you do it individually and then as a collective to see who would score better (team or individual).

Prayer 3

Morning Prayer Service

#1 - Call to Prayer

Lift up your eyes upon this day breaking for you.
Give birth again to the dream. *(Maya Angelou)*

All - Response

Let us lift up our eyes upon this day breaking for us.
Let us give birth again to the dream.

#2 - Reading 1

Pack nothing, Set out in the dark. I will send fire to warm and encourage you. I will be with you in the fire and I will be with you in the cloud. I will give you dreams in the desert to guide you safely home to that place you have not yet seen. You have been preparing for this for a long time. I am sending you into the wilderness to make a new way and to learn my ways more deeply. *(adapted from "Passover Remembered" by Alia Bozarth-Campbell)*

#3 - Reading 2

Then the Lord answered me and said: Write down the vision clearly upon the tablets, so that one can read it readily. For the vision still has its time, presses on to fulfillment and will not disappoint; If it delays, wait for it, it will surely come; it will not be late. *Habakkuk 2:2-3*

#4 - Reflection

Do I believe "the vision will surely come?"
How are we about God's work at this gathering?

#5 - Prayers of Intercession

O God, give us a heart that is attuned to the pain in human hearts, the fear and confusion, the agony and yearning. **Response: Spirit of God, fill us with the energy of your love.** O God, give us a heart that is open to the newness in human hearts, the wisdom and prayerfulness, the insight and openness. **Response: Spirit of God, stir the energy of your joy within us.** O God, give us a heart that is alive to the yearning in human hearts, the vision and hope, the desiring and the dreaming. **Response: Spirit of God, strengthen in us the energy of your goodness.**

All - The Lord's Prayer #6 - Prayer

Creator God, you who are ever new, wrap our hearts in new dreams, ever flexible to be reformed by your Spirit. Set our feet to fresh paths this day: inspire us to speak original and life-giving words and to creatively give shape to this new year. *(Adapted from Psalms for Sacred Seasons)*

Prayer 4

Prayer for Vocations

O Holy Spirit, Spirit of wisdom and divine love, impart Your knowledge, understanding, and counsel to youth so that they may know the vocation wherein they can best serve God.

Give them courage and strength to follow God's holy will. Guide their uncertain steps, strengthen their resolutions, shield their chastity, fashion their minds, conquer their hearts, and lead them to the vineyards where they will labor in God's holy service.

Amen.

Dear Parent,

We need your help in making our Pope Pius XII winter retreat a success. We are asking you to write a very special letter to your son.

As you know we have spent the past several weeks in group workshops discussing the different life states that people choose to live in, the vast array of career choices in the world, and the difference between an occupation and a vocation. We have enjoyed listening to some spirited conversations about life, the Church and the world, as well as life choices the boys have considered.

We continue to be amazed at the knowledge and wisdom these boys display week after week. We consider it our honor to be able to spend this time with them.

At our retreat weekend, **February 27 - 28, 2016**, we will have time for prayer, reflection, recreation, and discussion. We plan to include some of the final project reports the boys are working on. These reports center on various secular world issues and the Church's response. The boys have free rein to share their opinions on these issues.

At the end of the weekend, we will conclude with a challenge to them in going back out into the world, asking them how they will make a difference.

During the weekend, we want each boy to hear that they are loved and valued. We want them to know that God has a special purpose for each and every one of them as individuals. And we want them to know that God has given them distinct gifts that will enable them to be successful in their lives.

We are asking you to write a letter to your son. Please tell him how much you love him and why. Please include some of the talents and attributes he possesses that make you feel so proud of him, telling him how you see him as a gift from God. (Please do not scold him in this letter at all, but keep it light and happy).

You may want to send one letter from both parents. Each parent may want to send a letter individually. There may also be a grandparent, sibling, or special person who would want to include a letter. Please remember that some boys may only have one letter, so we ask that you keep letters to just two or three so no one feels bad.

Please send or deliver the letters to:

Bill Doody, 113 Della Lane, Oswego, Illinois 60543

Thank you for taking time on this very important project for your son.

Sincerely,

Barb, Bill, & Donna

Addendum Pages

Use if Needed

Butt Volleyball

Young Men sit on Mattresses or Chair (not allowed up) and play volleyball

Takes the 'Athleticism' out and Everyone Equal. Choose 2 Teams by picking numbers from a hat.

Hula Hoop Frenzy

Choose 3 Teams by picking numbers from a hat. Then place 1 Hula Hoop **FILLED** with tennis balls in the center of the group. Place around it, (with some spacing for exercise and frenzy), as many Hula Hoops as there are teams. Have each team pick a Hula Hoop and stand by it. Then explain the object of the game: each team is trying to place all of the tennis balls in its hoop; once you have all the balls, you win. Rules: 1). There is no throwing or tossing of the balls. 2). All the balls must be out of the middle hoop before you can take from others hoops. 3). There is no defending of the hoops allowed. 4). No roughhousing or contact with other players is allowed.

Facilitator Notes: After a 'Ready, Set, Go' play will last for 3-5 minutes, at which point the participants will be out of breath and no nearer to winning. Signal a break and ask them to regroup with their teams and strategize for two minutes. One group or another may come up with the creative solution (see "Solution" below); most groups, however, will try to position the people "strategically," plan for faster ball transfers, etc. After two minutes, signal time, have them return to their starting positions, then Ready, Set, Go again.

After another fruitless 3-5 minutes, participants will still be no nearer to winning and they will start to become a little frustrated. Signal another pause, and ask them to circle up as a group and perhaps develop a system of information and resource distribution that benefits the organization, as opposed to the team. This will usually produce better results; if they need prodding, restate the object of the game and the rules. Some person will think to suggest that the groups work together; another might ask if the hoops can be moved (YES). In either event, you know that the group is on the right track.

Solution: With some planning and thinking about what you've told them, they should realize that the only way to win (other than all of the other groups agreeing to lose -- not likely) is for them all to win, i.e., place all of the balls in the middle hoop, then place their hoops around the balls.

Hula Hoop Pass

Have the group form a circle holding hands. Ask two people to let go of their grip long enough for them to place their hands through a hula hoop before rejoining them. The teams task is to pass the hula hoop around the circle in a specified direction until it returns to the starting point.

Fingertip Hula Hoop

In groups of four to six, have players all put the tips of each of their index fingers only under the hula hoop. The object is for the group to be able to lower the hoop to the ground without anyones fingertips coming off. Their fingertips **MUST** be in contact with the hoop at all times.

To make this even more challenging, you can have the students try it **WITHOUT ALLOWING ANY TALKING**.

Catholic Family Fued

Rules, Questions, and Answers From Book of Catholic Games Bill Has
Choose 2 Teams by picking numbers from a hat.

Following are Proven Ice Breakers:

- 1. Deduction:** Have everyone write on a piece of paper their answers to such questions as: What is your favorite month, animal, food, TV show, hobby, and color? Each person is to sign his name, and to make certain no one else sees the answers. The leader then reads the answers to the whole group, and members try to guess to whom each set of answers belongs. Award one point for each right guess. The person with the most points wins a goofy prize.
- 2. True or False:** Have participants say three things about themselves – two true and one false. Other participants guess what the lie is. The correct guesser goes next.
- 3. Notable Name Enhancement:** Have participants introduce themselves positively with two adjectives beginning with the same letter as the initial of their first name. For example, *Rational, Realtor Randy*.
- 4. Show and Tell:** Have everyone bring an object that best describes them or is important to them to the meeting and talk about it. Personal items carried on participants can be used.
- 5. I've Never Done:** Each person starts off with some candy. Going around the circle, each person finishes the sentence "I have never..." A person who has done the thing that the speaker has never done must give the speaker a candy. A fun way to learn things you might otherwise not find out about people.
- 6. Take What You Need:** A roll of toilet tissue is passed around the room. People are asked to take what they need. Once everyone has "their supply," the group is told that they are to tell as many things about themselves as they have tissue squares.
- 7. Lucky Penny:** Each person takes a penny or other coin out of his/her pocket and looks at the date. When it's his/her turn, s/he states the year that's on their coin and recalls something spectacular that happened that year.

8. Web Toss: Everyone stands or sits in a circle, with the facilitator holding a ball of yarn. Hanging on tightly to the tail of the yarn, s/he tosses the ball to someone else while completing the sentence, "I appreciate you for...." Everyone who receives the ball states the same sentence and passes it to the person of whom they are speaking. After the ball of yarn has been passed to everyone in the circle, the group slowly raises and lowers their part of the yarn to reveal the intricate web of relationships in the group.

9. Outlandish Introductions: Have participants introduce the person to his/her right. Encourage them to fill the introduction with hyperbole and exaggeration. The only thing that needs to be factual is the person's name. "To my right is the inventor of the paper clip, in addition, he cornered the high tech market in 1996 and is the fourth wealthiest man in the world. He is the man who taught Tiger how to golf and is Shaq's personal trainer. Ladies and gentlemen it is my pleasure to introduce you to...."

10. Take Care: Read the following quiz to your group. Tell them they don't have to answer, just ponder.

1. Who are the five wealthiest people in the world?
2. Name five winners of the Academy Award.
3. Who are the five most powerful individuals in the world?
4. Name last five winners of the Super Bowl.
5. Name the five richest musicians.

Now, read the next set of questions to them:

1. Name five teachers who have influenced you in a positive way.
2. Name five friends who have helped you in some way.
3. Name five people you care about.
4. Name five people who have brought you joy or make you feel cared for.
5. Name five heroes that have inspired you.

Point: The lesson is obvious: on a personal level, fame, wealth, and achievement pale in comparison to care and compassion

11. Professional or Not? Ask your audience to take a little scientific test designed to determine if a person is a professional. Have them write their answers down.

1. How do you put a giraffe in a refrigerator?

Correct answer: Open the door and put him in.

2. How you put an elephant in a refrigerator?

Correct answer: Take out the giraffe and put in the elephant.

3. The Lion King is hosting a conference. All of the local animals are in attendance but one. Who is not present?

Correct answer: The elephant, he is still in the refrigerator.

4. You are slated to be the final speaker at the conference. Unfortunately, to get there you have to swim a river inhabited by crocodiles. What do you do? *Correct answer: You swim; all of the crocodiles are all ready at the conference.*

Point: (#1 & #2) - A professional looks for the simplest solution. Keeps things simple. (#3) – A professional recalls facts (*the elephant is still in the refrigerator and thus can't go to the conference*). (#4). And, a professional uses his/her deductive skills in problem solving (*the crocodiles are at the conference*).

Side note: most four year olds score 100% on this.

Prayer 5 (if needed)

A Prayer Inventory

1. When do I ordinarily take time for prayer? How long?
2. Where do I find myself praying best?
3. How do I pray?
4. When I try to pray, I usually . . .
5. My favorite prayer is . . .
6. The last time I prayed was . . .
7. Instead of praying, I often . . .
8. When I pray, God . . .
9. I would rather pray than . . .
10. My favorite name for God is . . .
11. God's name for me is . . .
12. What I would like to happen in my prayer life is . . .

Two Kinds of People

There are Two Kinds of People on Earth Today, Just
Two Kinds of People, No More I Say.

Not the Good and the Bad, For It's Well Understood, That
the Good are $\frac{1}{2}$ Bad, and the Bad are $\frac{1}{2}$ Good.

No, There's Just Two Kinds of People, on Earth I Mean,
They are the People Who Lift, and the People Who Lean.

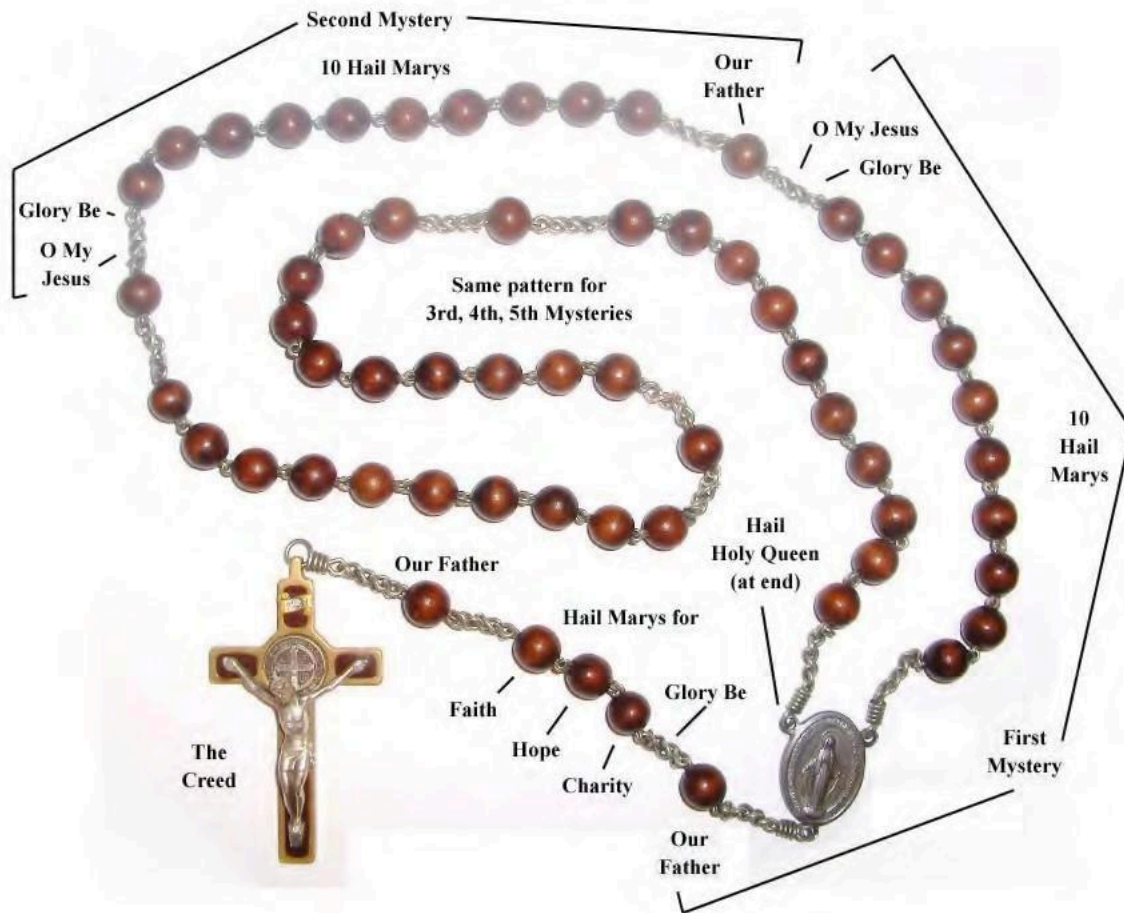
Look Only for Lifters For Your Inner Circle

What is Meant By This Poem?

Why Are Lifters Important?

Who Are the Lifters in Your Life and Why?

HOW TO PRAY THE ROSARY



1. Begin the Rosary with the [Sign of the Cross](#) and the [Apostles' Creed](#).
2. Continue with the [Our Father](#), 3 [Hail Marys](#) for an increase of faith, hope, and charity, and [Glory Be](#) on the beads indicated on the diagram above.
3. State the first mystery, for example, "The first joyful mystery is the Annunciation." Pray the Our Father, 10 Hail Marys, Glory Be while meditating upon this mystery.
4. Repeat this for each subsequent mystery.
5. At the end of each day's rosary, say the [Hail, Holy Queen](#) and concluding prayers.

We highly recommend that all 15 decades of the Rosary be prayed daily. Our Lady repeatedly emphasized the importance of praying the Rosary each day in her messages at Fatima. She even said that Francisco would have to pray "many rosaries" before he could go to Heaven. Praying all 15 decades of the Rosary each day can be accomplished in a variety of ways. However, for many it is best accomplished by praying a part of the Rosary at different times of the day, for example, the joyful mysteries in the morning, sorrowful mysteries at midday, and glorious mysteries in the evening. The Hail, Holy Queen only needs to be prayed at the end of the entire day's rosary.

Rosary Prayers

The Apostles' Creed (Nicene Creed)

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in being with the Father. Through Him all things were made. For us men and our salvation He came down from heaven: by the power of the Holy Spirit, He was born of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate; He suffered, died, and was buried. On the third day He rose again in fulfillment of the scriptures: He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son, He is worshiped and glorified. He has spoken through the Prophets. We believe in one, holy, catholic, and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

Our Father

Our Father, Who art in Heaven, hallowed be Thy Name. Thy kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the Fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Fatima Prayer

O my Jesus, pardon us, and save us from the fire of Hell; draw all souls to Heaven, especially those in most need.

Hail, Holy Queen

Hail, holy Queen, Mother of mercy, hail, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve: to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of

mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb,
Jesus, O merciful, O loving, O sweet Virgin Mary! Amen.