



Plan:

- When and where will you share your spiritual retreat?
- Will your camp have a specific theme to explore (such as peace, neighbours, compassion, courage)? What theme would you like to explore?
- What gear do you need?
- What will be the camp's agenda? What activities will you do?
- How can everyone respect one another's beliefs during the retreat?

Do:

- Enjoy your spiritual retreat. If it rains, find meaning in the weather.

Review:

- What do you know now that you did not know before about your own beliefs?
- How did you feel before, during and after this adventure?
- What did you learn about the beliefs of others?

Safety Note:

If independent prayer, reflection or meditation is part of your spiritual retreat, use the buddy system and stay in sight of at least one other Scout.

Online Resources:

- Spirituality Award Badge
- Religion in Life Program

Canadianpath.ca

Spiritual Retreat

WEST COAST TRAIL
Beliefs & Values



The Adventure:

As a Patrol, plan a spiritual retreat. If all of the Scouts in your Patrol share a religion, this could be an opportunity to explore your common faith. If the Scouts in your Patrol do not have a shared religion, take advantage of your time in nature to connect with your own faith and learn about the beliefs and traditions of other Scouts in your Patrol.

There are many different activities you can do on a spiritual retreat. Whatever your beliefs, a break from your day-to-day routine and an opportunity to connect with nature and your fellow Scouts can be an enriching way to learn about yourself and your place in the world.



It starts with Scouts.



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