

# Holy Trinity Jubilee Park

## Activities for Outdoor Retreat

### 2024 GUIDE TO TEAM LEADERS

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Above: Log bridge across the water

**Safety:** Spotters must be used for all games when a person has the possibility of falling. A Spotter stands near the climber with both hands poised to catch the climber in case of a fall. The spotter is focused on catching the climber to prevent a head injury, so focus on the upper body of the climber (chest or back). Use as many spotters as practical. Teammates not actively engaged in assisting a teammate in a climb must act as spotters.

## Station #1 – ST. PAULS' RACE (Three-Legged Race)

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** Like St. Paul, we are called to evangelize. Jesus sent out his disciples in twos, and we see that Paul traveled with a companion (Barnabas, Luke, Timothy, Silas ...).

Our companions help us in our work. In this game you must demonstrate the ability to work with a partner.

**Team:** Break group into teams of two for two-legged races.

**Objective:** Teams compete two at a time to assess (1) speed and (2) style as they cover the path as a three-legged team.

Take your friend to church with you.

**Supplies:** stretch bands or Velcro ties to tie ankles.

**HTJP permanent Setup:** none

**Rules:** Two teams of two start at the same point and are to find a way to move carefully forward so they can reach the end (Church picture). This is a three-legged race. Observers will comment on speed and style as teams compete.

**Safety:** Make sure all spaces near signs have people spotting to ensure that if someone falls they are not impaled by a sign post.

**Post game discussion:**

- 1) How can you stay together as friends and still influence each other for good?
- 2) What are the most common reasons people do not go to church? How can we help each other get to church?
- 3) What can we do to evangelize?



## Station #2 – TRIUMPH OF THE CROSS (Wall)

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** Each one of us can probably quickly identify the capital sin that gives the most difficulty (Pride, sloth, envy, greed, lust, anger, gluttony). In this exercise, we each must overcome our primary sin

(represented by the wall) with the help of our teammates (communion of Saints) and reach the Cross (Christ).

**Team:** Entire group is a team that must help each other to get to the top (over the wall) and reach the Cross.

**Objective:** Entire team must get all members over the wall and touch the Cross triumphantly.

**Supplies:** None.

**HTJP permanent Setup:** Wall: 8-10 ft high with a large Cross at the top connected to the platform where they stay after climbing.

**Rules:** No more than 2 people at the top of the wall at a time. May use shoulders, wrist, interlocking fingers, bent knee for support. Only one person can climb the wall at a time. Climber must go up the center of the wall (cannot use the edge of the wall for hand or foot holds).

**Safety:** No more than 2 people at the top of the wall at a time. No grabbing of neck or head. All team members, facilitators and HTJP staff must “spot” the person scaling the wall. At least one person must spot the person descending from the platform.

**Post game discussion:** Catholic themes imbedded in this game:

- 1) What does the wall represent?
- 2) Can friends and relatives be a cross? How do you carry your cross?
- 3) How powerful is the Cross of Christ?



### Station #3 – THE ROSARY BEADS (concrete circles in a row)

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** The rosary is an instrument of salvation and always leads to Christ.

**Team:** Entire group on the same team

**Objective:** Every member of the team has to find a way to be able to get across each of the beads (concrete circles) which are far apart while holding on to each other and enable all members to reach the big Cross at the end.

**Supplies:** Ten round concrete slabs spaced out leading to a Cross.

**HTJP permanent Setup:** Concrete slabs fixated into the ground and a large cross on the ground.

**Rules:** The group must discuss on how they can use each member to enable them to all make it to the end. They can use other objects in the environment that they find to allow them to support each other and go across each bead without touching the ground.



**Post Game Discussion:** Catholic themes imbedded in this game:

- 1) How easy is it to learn the rosary?
- 2) What prevents teens or adults from praying the rosary?
- 3) What does the rosary mean to you?



### Station #4 – ST. JOHN BOSCO'S HANGING BARS (Monkey Bars)

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** Encourage each other.

**Team:** Entire group acts as a single team.

**Objective:** To get the entire team across the monkey bars.

**Supplies:** None.

**HTJP permanent Setup:** Monkey Bars

**Rules:** Work together as a team. Only 1 person on the monkey bars at a time.

**Safety:** No one may cross the monkey bars across the top. It is possible for people to fall from the bars into the net, so ensure that they land safely bottom first. One spotter should be on each side of the creek. Other members of the team must support the monkey bar to keep it stable. Spotters are not to touch the person crossing the monkey bars, but to simply guide the falling person. The net will catch the person safely. The spotter is to make sure that the person does not hit his/her head.



**Spotters are NOT to touch the feet/ankles/legs of a person suspended from the monkey bars.**

**Post Game Discussion:**

- 1) What does it take to be a team?
- 2) How can we help our teammates in Christ?
- 3) How can you help strengthen others?

### **Station #5 – ST. LAWRENCE SPOOL (Spool)**

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** All of us have to undergo difficulties and sufferings. We must find a way to help each other get over the time of trials.

**Team:** Entire group on the same team.

**Objective:** Each team member must be able to cross over the big spool. The team must find a way to make this happen.

**Supplies:** Giant Spool

**HTJP permanent Setup:** Two posts with a giant spool threaded by a large bar fixated to the posts.

**Rules:** Starting on the low side of the spool (nearest the creek), the team must find a way to safely get every member over the big spool. Each member **MUST** land feet first on the other side of the spool. Once on top of the spool, the person must lay on the stomach with feet toward the ground for the descent from the spool. Other members of the team will support the climbing/descending person and stabilize the spool.

**Safety:** No more than one person on the spool at a time. No grabbing of neck or head. All team members, facilitators and HTJP staff must “spot” the person on the spool. At least two people must spot the climber from both sides of the spool. Always start on the low side of the spool (nearest the creek), and climb over the spool, in essence going uphill.

**Post game discussion:** Explain Catholic themes imbedded in this game:

- 1) How can friendships be a block or an aid to Heaven?
- 2) How can sufferings be used to get to Heaven?
- 3) How can we support each other no matter how tough it gets?



### **Station #6 – CHALLENGE FOR THE CRUSADERS (Tug of War)**

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** The strengthen each other to become better soldiers for Christ.

**Team:** Entire group is split into two teams

**Objective:** To pull the rope to see which team shows more strength.

**Supplies:** A long sturdy rope

**HTJP permanent Setup:** none

**Rules:** Work together and put in the effort as part of a team

**Post Game Discussion:**

- 1) What does it take to be a team?
- 2) How can we be stronger soldiers for Christ?
- 3) How can you strengthen others by simply taking a stand?



## **Station #7 – ST. VIANNEY’S BATTLE WITH EVIL (Water Balloon Sling shot)**

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** Jesus tells us to run from temptations and to submit to God. “Resist the devil and he will flee from you” (James 4:7).

**Team:** Team shoots water balloons.

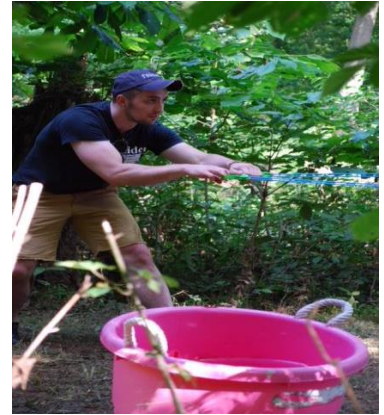
**Objective:** Shoot water balloons at the devil (target). You want to keep him as far away as possible. **Supplies:** Sling shot, water balloons.

**HTJP permanent Setup:** Sling shot.

**Rules:** Objective: Hit the target with fewest shots.

**Post game discussion:** Catholic themes imbedded in this game:

- 1) How can we flee temptations?
- 2) How can we best submit to God?
- 3) What is the best weapon against the devil?



## **Station #8 – PILGRIMAGE TO OUR LADY (Walking sticks)**

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** Work with those around us to go to Our Lady who will assist us to get to Heaven.

**Team:** Break into two groups.

**Objective:** Christians trying to work together (traveling on the walking sticks) to get to Our Lady.

**Supplies:** walking sticks.

**HTJP permanent Setup:** none (Store walking sticks in shed at the end of the day).

**Rules:** Travel on path toward the Grotto site on the walking sticks after completing the water balloon. Hold the strings and coordinate walking together. If anyone falls off the sticks (into sin); get back on (Go to Confession) and keep going on path to the Grotto of Our Lady.

**Post game discussion:** Catholic themes imbedded in this game:

- 1) What is Mary’s role in salvation history?
- 2) How can we best draw on Mary’s intercession?
- 3) Why should we go to confession?

## Station #9 – HEAVEN OR HELL (Teeter-totter)

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** The virtue of temperance (keeping things balanced) is needed in life. Every choice we make has an impact to our soul. We balance life to ensure we make good choices for our salvation.

**Team:** Entire group on the same team.

**Objective:** To balance the platform so that it does not touch the ground using each others' weight. Each one must be able to leave the platform while maintaining its balance.

**HTJP permanent Setup:** Platform with log support.

**Rules:** With the entire team on one edge of the platform, redistribute the weight to balance the platform. While each one leaves the platform, maintain it in a balanced state.



**Post game discussion:** Catholic themes imbedded in this game:

- 1) What cardinal virtue is represented by this activity? (Temperance)
- 2) How do you balance your life so God can be a part of your day?
- 3) What are the usual stressful parts of your day? How can you help each other?
- 4) How can you keep your focus to Heaven?



## Station #10 – PILGRIMAGE TO HEAVEN (wire tightrope)

**Story:** (Make up one to make the event fun and exciting)

**Lesson:** Making the journey together and helping each other on the pilgrimage.

**Team:** Entire group on the same team.

**Objective:** Entire team must get to the tree at the end (Heaven) of the wire ropes.

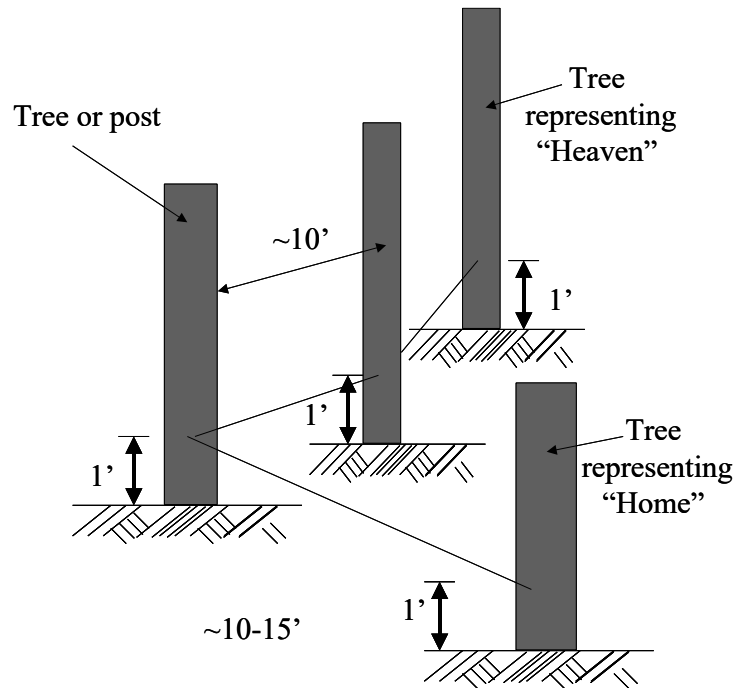
**Supplies:** Steel cables

**HTJP permanent Setup:** Sturdy cables between multiple trees. Distance off ground is to be about 1 foot.

**Rules:** Everyone on the team must cross each wire. Each member gets on the wire and holds on to each other to get to the end. If anyone falls, the entire group starts all over. The group uses each other and other things around to help them all get to the end. The team may use a variety of ideas to get everyone to Heaven.

**Post game discussion:** Catholic themes imbedded in this game:

- 1) Aside from the sacraments, what are the other ways of helping others get to Heaven?
- 2) How important is it to help each other?
- 3) What prevents people from helping others and what results from that?



## **Station #11 – SAVE THE SINNER (Ladder/tree parts in stream)**

**Story:** (Make up one to make the event fun and exciting)

**Lesson:** Through prayer and works we can help save sinners who have been entrapped in the occult.

**Team:** Entire group on the same team.

**Objective:** A sign, representing a sinner and sitting in the water, must be brought back safely home without touching the bottom of the creek.

**Supplies:** ladder, tree stumps, long fence post rails.

**HTJP permanent Setup:** none

**Rules:** Team should use materials at site. If any team member touches the bottom of the stream (getting wet does not disqualify you), then they must start over. Lost sinner sign must be retrieved.

**Safety:** To prevent twisting of the ankle, make sure the items used are stable.

**Post game discussion:** Catholic themes imbedded in this game:

1. What does the water represent?
2. How can human respect prevent us from saving a sinner?
3. What other reasons prevent us from saving a sinner?

## Station #12 – BEWARE OF ENTRAPMENTS (Spider web)

**Story:** (Make up one to make the event fun and exciting)

**Lesson:** We need to learn how each of us is to know, love and serve God in this world, so we'll be happy with Him forever in the next. Learning how to fully utilize our unique gifts and talents is part of the adventure. In this exercise the holes in the spider's web represents our individual path that is custom made to match our talent set. We need to work together and to get each person to the far side

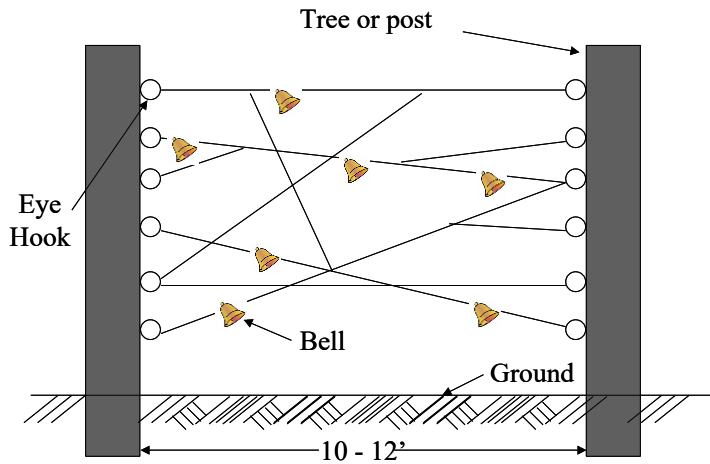
of the spider web with each person going through a unique hole. If the group is large, then the holes may be used more than once.

**Team:** Entire group works together.

**Objective:** Get entire team to the far side of the spider web with each person going through a unique hole. Each hole can only be used once. No one is allowed to use space below the red cord

**Supplies:** Bungee cords (15), eye hooks (12).

**HTJP permanent Setup:** Spider web: Two long posts (or trees) sticking out of the ground with bungee cord laced through eye hooks, making a "spider web". Bells attached to



bungee cord.

**Rules:** Each player must go through a different hole. If the player touches the string or post (rings the bell), then that person must start over again. Exercise ends when all players have gone through the spider web.

**Post game discussion:** Catholic themes imbedded in this game:

- 1) What does the web represent?
- 2) What does the hole represent?
- 3) What is the significance of having each person go through a different hole?



### **Station #13 – TAKE MARY HOME (Blindfold – maze)**

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** We need to bring Mary into our homes (and hearts) because Mary brings Jesus.

**Teams:** Entire group on the same team

**Objective:** Mary statue reaches home.

**Supplies:** blind fold for every member, statue of Blessed Mother, thick ropes.

**HTJP permanent Setup:** Maze of ropes

**Rules:** The group assigns one leader to guide them to bring Mary's statue home while the others are blind-folded. The leader shouts directions to the members until all the members get through the maze and makes it to the end. Trust in the voice guiding them is important. The last member carries the statue and is safely guided by the leader and cheered by the other members of the team. They can sing or recite a Marian prayer at the end.



#### **Post game discussion:**

- 1) We can all be confused and misled in life. How can Mary help us?
- 2) Why can't Christians throw a blessed statue? How can we show respect to the Blessed Mother?
- 3) How important is trust in a relationship?



## Station #14 – ST. JOSEPH ROPE BRIDGE

**Story:** (Make up one to make the event fun and exciting)

**Lesson:** We need to be able to cross the bridge from Earth to Heaven.

**Teams:** Entire group on the same team

**Objective:** Climb wall and cross bridge.

**Supplies:** None.

**HTJP permanent Setup:** Climbing wall and Rope Bridge.

**Rules:** Climb the wall and cross the bridge individually; however, a group is to support teammates needing assistance to climb wall.



### Post game discussion:

- 1) What bridges have you had to cross?
- 2) How can St. Joseph help you?
- 3) Why is devotion to St. Joseph helpful?

## Station #15 – ST. MICHAEL ZIP LINE

**Story: (Make up one to make the event fun and exciting)**

**Lesson:** We need to be able to trust and pray to our angels that they will help guide us in difficult challenges.

**Teams:** 1 person at a time will be able to ride on the zip line.

**Objective:** Ride the zip line from one end to the other.

**Supplies:** Harness will be provided by the station facilitator.

**HTJP permanent Setup:** One zip line, starts from a high platform, goes down to the ground on the other side. The other point ends at a tree.

**Rules:** Climb up to the starting deck. 2 facilitators will provide a harness to the person who will be riding the zip line. They will have to push themselves off the deck. Please ask the person riding to extend their legs to stop themselves. Once you reach the end, one of the team leaders should help the team member dismount from the seat. Return the seat to the starting point.

**Post game discussion:**

1. Do we remember that you have a guardian angel? Have you asked God for the name of your guardian angel?
2. Why do we have an angel? What role does our angel play in our lives?
3. How can we grow closer to our guardian angel?

