



Light of the World

Frequently Asked Questions

1. **What are the dates for the retreat?**
New Schedule effective Spring, 2026! The retreat will now be 2 ½ days!
Friday: 6:30 pm-9 pm
Saturday: 9 am-8:30 pm
Sunday: 9 am-8:30 pm
2. **Can people bring non-Catholics to the retreat?** Certainly, we ask that they live in the Tracy/Mt. House area to stay connected to the Parish after the retreat.
3. **Can people bring out-of-town guests?** This retreat is designed especially for St. Bernard's parishioners, with the goal of deepening our sense of community and helping our parish feel more spiritually connected. By the end, we hope participants feel like part of a true St. Bernard's Light of the World family. That said, all are welcome to register—no matter where you're coming from, you have a place here!
4. **What's the cost of the retreat?** There is no cost to attend. This retreat is completely free of charge and a gift from St. Bernard's Light of the World Alumni.
5. **Do I have to bring my own food?** No need to bring meals, everything will be provided. Just let us know about any dietary restrictions when you register, and we'll do our best to accommodate your needs.

6. **What do I need to bring?** We recommend bringing your Bible, a sweater, and perhaps a pillow or cushion to sit on for added comfort. Most importantly, come with an open heart and mind, ready to see how the Lord will move in your life through this retreat.
7. **What does a “Parish-based” retreat mean?** “Parish-based” means the entire retreat takes place right here at St. Bernard’s—no need to travel or stay overnight. You’ll return home each evening and sleep in your own bed. It also means the retreat is led entirely by fellow St. Bernard’s parishioners. Rather than professional speakers, you’ll hear personal stories of faith and transformation from people you see at Mass each week, deepening both your spiritual journey and your connection to our parish community.
8. **How many days do I have to attend?** Starting in Spring 2026, we’re excited to introduce a new 2½ day retreat format. Full participation is essential, as each session builds on the last to create a complete and meaningful experience. If you’re unable to attend the entire retreat this time, we encourage you to register for a future retreat when it becomes available.
9. **Who are the speakers at the weekend?** The Holy Spirit is moving through the hearts and voices of our fellow parishioners.
10. **Can I go without my Spouse?** We encourage spouses to attend the same retreat whenever possible, as it can be a powerful shared experience. However, we understand that schedules don’t always align; so yes, it’s perfectly fine to attend separate retreats.
11. **I heard there are small groups after. I don’t want to join one. Can I still go on the retreat?** Absolutely. The retreat provides an intense, inspiring experience over one weekend; a “spiritual high.” Small groups, on the other hand, offer ongoing formation and community to support your faith journey beyond the retreat. We understand that small groups aren’t for everyone, so you’re welcome to participate fully in the retreat without joining a small group afterward. If you decide later that you’d like to join one, you’re always welcome and highly encouraged to do so.