

# Young Adult Fall Retreat 2022

October 21-23, 2022

Ramada Plaza Nags Head Oceanfront

Kill Devil Hills, NC

*We all need to take time to rest, retreat from the world, and recharge. This fall, young adults from across the Diocese of Richmond have an opportunity for a spiritual weekend retreat in an idyllic, relaxing environment. The retreat will include a keynote speaker who will give a series of relevant, practical, inspiring, and challenging talks, and a priest will be available throughout the weekend for Mass, Reconciliation, and Eucharistic Adoration. There will also be ample opportunities for prayer, fellowship, and downtime. Join us as we praise the Lord “from the rising of the sun to its setting” and watch the horizon at Sunrise|Sunset!*

## Who should attend this retreat?

The diocesan Young Adult Fall Retreat is intended for young adults ages 18-39. All attendees must be out of high school. Single people and married couples are all welcome. Though the retreat is designed for Catholics, interested young adults of any faith backgrounds are welcome to attend.

## Where and when is the retreat?

The retreat will take place October 21-23, 2022 at the [Ramada Plaza Nags Head Oceanfront](#) on the beach in Kill Devil Hills, North Carolina. Located within a 15-minute drive of Nags Head Fishing Pier, this retreat location is only a three-hour drive from Richmond and just around the corner from Hampton Roads.

The address is: 1701 S. Virginia Dare Trail, Kill Devil Hills, NC 27948. Registration will begin at 7:00pm on Friday, October 21, and the retreat will conclude by 12:00noon on Sunday, October 23.

## What is the theme this year?

Our retreat theme in 2022 is Sunrise|Sunset. Day-to-day life can be chaotic, filled with ups and downs and jam-packed schedules. We find ourselves searching for happiness, for a rhythm to our days, and for our life’s meaning and purpose. Scripture and the Mass remind us that the Lord is constant in our lives and in the world, calling us to praise Christ “from the rising of the sun to its setting.” He is the one who gives us purpose and who brings us true joy. Creation is renewed every morning at sunrise, and the Creator is still with us every evening at sunset. Sunrise|Sunset will bring us into the truth, goodness, and beauty of His promises in a new way.

## Who is the keynote speaker?

This year, we are pleased to host Paul George as our Keynote Speaker for the weekend.

Paul has spent over twenty-six years helping people discover the “art of living” through searching themselves, discovering a personal relationship with Jesus Christ, and finding true happiness. Throughout these years, he has served in various capacities, including: president of a non-profit, speaker, mentor, consultant, coach and author. It’s his role as a husband and father that he cherishes the most.

**His personal mission is to love God, his wife, his children and his neighbors as God loves.** His book, Rethink Happiness, was released in May, 2018. Paul received an undergraduate degree in education and a master’s degree in Theological Studies from the University of Dallas. He is a former college baseball and football player and an avid lover of the outdoors. Paul is a sought after speaker, life coach and consultant; he serves as founder and director of Art of Living Inc. Paul and His wife Gretchen have been married for twenty-five years, they are proud parents of five, Marie, Jacob, Sarah, Clare, and Addie.



**Where will I stay?**

All participants will stay in rooms at the Ramada Plaza Nags Head Oceanfront. Single participants will be placed with one other person of the same gender in a room with two queen beds, and they have the option of designating a roommate during the registration process. A married couple attending together will have a private room together.

**What are the costs?**

With the support of the Diocesan Annual Appeal, we are able to offer this retreat for \$150 per person at the early-bird rate. Registration closes on Sunday, September 18, 2022 at 11:59pm. The registration fee includes two nights of lodging at the hotel, all meals on Saturday, and breakfast on Sunday in addition to the retreat programming.

**Early-Bird Offer:**

\$150/person if you register by July 31, 2022

**Normal Registration:**

\$175/person if you register between August 1, 2022 and September 18, 2022

**How do I register?**

Register online at [evangelizerichmond.org/events/young-adult-retreat/](https://evangelizerichmond.org/events/young-adult-retreat/) Cancellations received after September 18, 2022 are non-refundable, regardless of reason for cancellation. ***Space is limited, so register sooner rather than later!***

**Questions?**

Contact Katie Yankoski, Associate Director for Youth and Young Adults, by email or phone at [evangelization@richmonddiocese.org](mailto:evangelization@richmonddiocese.org) or 804-622-5159.