**Young Adult Fall Retreat 2023**

October 27-29, 2023

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 a relaxing beach environment. The retreat will include a combination of keynote sessions and personal reflection times, 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. Lean into our 2023 theme of “Courage, Dear Heart”, finding both comfort and strength in Jesus’s true presence in our hearts and in the world!*

**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 27-29, 2023 at the [Ramada Plaza Nags Head Oceanfront](https://ramadaplazanagshead.com/) 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 27, and the retreat will conclude by 12:00noon on Sunday, October 29.

**What is the theme this year?**

Our 2023 theme is “Courage, Dear Heart.” This quote comes from C.S. Lewis’s book *Voyage of the Dawn Treader*, when the Christ figure whispers into one of the character’s heart to “have courage, dear heart, for there is nothing to be afraid of and never has been.” Jesus comes to each of us at different moments and tells us to “take courage,” speaking to the depths of our hearts in our highest of highs and our lowest of lows. Spend a weekend leaning into the word courage with us, and consider how Jesus is present and offers your heart courage at every moment. You are made for greatness – it is time to courageously step into our lives and the world in faith!

**Who is the keynote speaker?**

TBD

**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. We cannot offer single hotel rooms at this time.

**How will I get there?**

All participants need to coordinate their own transportation to and from the hotel. If you are interested in carpooling with other participants, you can indicate that on the registration. After registration closes, we will connect those in each area who are interested in carpooling.

**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 24, 2023 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, 2023

**Normal Registration:**

$175/person if you register between August 1, 2023 and September 24, 2023

**How do I register?**

Register online at [INSERT](http://www.regonline.com/yafallretreat2016) NEW LINK. Cancellations received after September 24, 2023 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.