**Young Adult Fall Retreat 2024**

October 18-20, 2024

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.*

**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 18-20, 2024 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 18, and the retreat will conclude by 12:00noon on Sunday, October 20.

**What is the theme this year?**

Our 2024 theme is Complete, based on Philippians 2:2, *“complete my joy by being of the same mind, with the same love, united in heart, thinking one thing.”*

A person smiling with a floral shirt

Description automatically generated**Who is the keynote speaker?**

Our keynote speaker is Dana Catherine. A young singer/songwriter, speaker, and former youth minister from North Carolina, Dana travels throughout the U.S. to encourage and inspire others with her songs and witness. Growing up in a Catholic family, Dana always had a strong faith, but it wasn’t until she went to college at UNC Chapel Hill that her relationship with God truly deepened. Through the ups and downs of college life, Dana began to understand that true and lasting happiness, peace, and purpose is found in Christ alone. Only then did she realize that God was calling her to step out and share His truth and love with others using the musical gifts she was given. Now, Dana finds abundant joy in allowing the Lord to use her and her music for His greater glory.  Find out more about Dana Catherine at <https://www.danacatherinemusic.com/>.

**What can I expect in the schedule?**

This retreat balances times of personal reflection and prayer with social times to connect with other young adults from across the diocese. Each day will have opportunities for personal prayer, including personal devotions (such as the rosary) and silent reflection after each keynote session. We will gather for daily Mass and Eucharistic Adoration, and Reconciliation will be available on Saturday. The chapel will be open for silent prayer throughout the day.

This retreat aims to provide opportunities for fellowship with other Catholics. Every participant will be assigned to a single-sex small group that has people of similar ages and life stages. Saturday afternoon’s schedule is intentionally left wide open between lunch and dinner; this means that everyone can choose to go on an adventure in Outer Banks with other participants, spend time alone on the beach or in the chapel, or do a little bit of both.

**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 sex 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. *Our office will not organize any carpools, but you will be given the email addresses of those who also expressed interest in carpooling.*

**What are the costs?**

With the support of the Diocesan Annual Appeal, we are able to offer this retreat for $160 per person at the early-bird rate. Registration closes on Monday, September 16, 2024 at 12:00noon; please note that space is limited, so register sooner rather than later. 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:**

$160/person if you register by July 31, 2024

**Normal Registration:**

$175/person if you register between August 1, 2024 and September 16, 2024 at 12:00noon

Cancellations received after September 16, 2024 at 12:00noon 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.