

## FORMAT

YOUTH 2000, U.S.A., promotes, organizes, and directs retreats based on the Gospel of St. John, Chapter 6, "I am the Bread of Life." The focus on the Eucharist shows young people that Christ must be at the center of their lives. The format of each retreat, which includes the Mass, the Sacrament of Reconciliation, adoration of the Blessed Sacrament, prayer, talks, music and fellowship, provides a means to help young people develop a deep and lasting personal relationship with Jesus Christ, especially in the Eucharist, "the source and summit of Christian life" (*Lumen gentium* 11). Young people gain a solid foundation upon which to build their lives.



The YOUTH 2000 Retreat always begins with Mass to show that adoration of the Blessed Sacrament flows from the Mass. Mass is celebrated each day, during which time the Blessed Sacrament is reposed. The Sacrament of Reconciliation is another vital part of every YOUTH 2000 weekend. The priests discuss the Sacrament in an effort to give young people a deeper understanding of the importance and the need for reconciliation with God. The Sacrament is available throughout the weekend.



Devotion to Mary, the Mother of God, is shown through daily recitation of the rosary lead by the young people, and the crowning of the Blessed Mother on the last day.