

Totus Tuus

June 12-17, 2022
St. Mary's, Upsala

Totus Tuus, a Latin phrase meaning "totally yours", was the motto St. John Paul II. Taken from St. Louis de Montfort's *True Devotion to Mary*, it signifies our desire to give ourselves entirely to Jesus Christ through the hands of our Blessed Mother Mary. It also expresses our effort to give all that we have to every young person we encounter.

This summer we are happy to announce a repeat of our Youth summer retreat for students who have completed Kindergarten through 12th grade on June 12-17th.

The Five Pillars of Totus Tuus

1. The Eucharist
2. Marian Devotion
3. Catechetical Instruction
4. Vocational Discernment
5. FUN!

Daily Schedule

1st-6th Grade Program: 9:00 a.m. – 2:30 p.m.

- 9:00 Introduction
- 9:15 Warm up/Songs
- 9:25 Class Period #1
- 9:50 Snack Break
- 10:05 Mass Song Practice
- 10:20 Class Period #2
- 10:45 Mass Preparation/Confessions
- 11:15 Mass
- 12:00 LUNCH-recess
- 12:55 Cool Down-Water Break/Decade of the Rosary
- 1:15 Class Period #3
- 1:40 Skit
- 1:50 Class Period #4
- 2:15 Gather, Review and Closing Prayer
- 2:30 Dismissal

Middle-Senior High School Program: 7-9:00 p.m.

- 7:00 Introduction/Activity
- 7:30 Session #1 with small groups
- 8:00 Break
- 8:15 Session #2 with small groups
- 8:45 Prayer
- 9:00 Dismissal



Please consider helping with the following: 1. Invite the team one night for dinner on Sun-Thur. (4 Members)
2. Provide food for snacks 3. Help with the a.m. or p.m. sessions 4. Provide some supplies for the daily operation.

Contact: Jamie Heurung (320) 250-7332 or email totustuus@tworiverscatholic.com. Extra registrations can be picked up at the Central Office or sent electronically upon request. Have a blessed and Catholic faith filled summer!