

Dignified

NET RETREAT PARENT GUIDE

Dear Parents,

What is NET? NET Ministries is a missionary organization that focuses on inviting Catholic youth into a deeper relationship with their community and Jesus. During NET Retreats, youth play games, hear a Gospel message, and participate in a time of prayer.

The theme for this retreat was **“Dignified,”** which focuses on authentic womanhood.

Too often, we “desire to be seen” or “noticed” by everyone BUT God. We hide from Him while working hard to be noticed on social media or in person. We are afraid that by being our true selves, with God or others, we will be rejected, deemed unworthy, or not “enough.” But the truth is, we are noticed and deemed worthy by God.

Consider asking your teen:

- **What did you learn about true womanhood?**
- **What pressures do you think are put on women?**
- **How was the prayer time during the retreat?**

Share your own thoughts.

Going forward:

At the end of each NET Retreat, we encourage retreatants to grow in the four pillars of the Catholic Church: Prayer, Sacraments, Fellowship, and Service.

Some ideas to help your teen to grow in the pillars, respectively, are setting aside more time in the morning to pray, going to Adoration or Confession, discussing ways to grow in the faith with friends, and volunteering for your church, school, or community.

Theme Quote

“You are noticed and deemed worthy”

Misconception about True Womanhood:

There are ideal characteristics of a woman that we must all live up to.

Truth about True Womanhood:

God has created each person with dignity and unique characteristics that we live out through a relationship with Him.

True Grit

NET RETREAT PARENT GUIDE

Dear Parents,

What is NET? NET Ministries is a missionary organization that focuses on inviting Catholic youth into a deeper relationship with their community and Jesus. During NET Retreats, youth play games, hear a Gospel message, and participate in a time of prayer.

The theme for this retreat was **“True Grit,”** which focuses on authentic manhood.

The culture often defines masculinity as success, wealth, physical strength, and even sexual prowess. However, Jesus demonstrates authentic masculinity: “For the Son of Man did not come to be served but to serve and to give His life as a ransom for many” (Matthew 20:28). True manhood is laying down one’s life for others.

Consider asking your teen:

- **What did you learn about true manhood?**
- **What pressures do you feel as a man?**
- **How was the prayer time during the retreat?**

Share your own thoughts.

Going forward:

At the end of each NET Retreat, we encourage retreatants to grow in the four pillars of the Catholic Church: Prayer, Sacraments, Fellowship, and Service.

Some ideas to help your teen to grow in the pillars, respectively, are setting aside more time in the morning to pray, going to Adoration or Confession, discussing ways to grow in the faith with friends, and volunteering for your church, school, or community.

Theme Quote

“True manhood is recognized in laying down one’s life for others.”

Misconception about True Manhood:

To be a man means that you have to fit into the mold that the world holds as acceptable for a man.

Truth about True Manhood:

True masculinity is linked to our identity as sons of God and calls every man to sacrifice and lay down his life for love of others. This gift of oneself looks different at the different stages of life.