



## What is TEC?

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TEC is a three-day retreat weekend based on the Paschal Mystery: the death and resurrection of Jesus Christ.

TEC originated as "Teens Encountering Christ" in 1965 as a retreat experience for high school students. There are active TEC centers throughout the United States and foreign countries. Pathways TEC began in 1998 and is one of several TEC centers in Minnesota.

## What happens at TEC?

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Participants experience the message of the Paschal Mystery of Jesus Christ through participation in music, discussions, talks, prayer, Scripture, liturgy, and celebration.

Each of the days of the retreat has a central theme:

- "Die Day" is the first day - a day centered on the death of Jesus Christ. On "Die Day", participants reflect on many different aspects of their lives, focusing on better relationships with God, self, and others.
- "Rise Day" is the second day - a joyous celebration of the resurrection of Jesus Christ. On "Rise Day", participants celebrate the presence of God's love in their lives.
- "Go Day" is the third day - a day which explores the continuous call to spread the Good News. On "Go Day", participants recognize and prepare to carry forth the message of Jesus Christ.

A pathways TEC weekend works to build spiritual growth through participation in group activities. Although some time is given for prayer and reflection, the emphasis throughout the weekend is on group participation.

## Participation at TEC

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- Retreats are open to youth and adults. Youth must be 16 years old. Most weekends are comprised of two-thirds youths and one-third adults.
- Weekends are predominantly staffed and attended by people within the Catholic Diocese of Winona, although people from other areas of Minnesota, other states, and even foreign nations have attended.
- Though a Catholic retreat, non-Catholics are welcome and do participate.

