



# Duc Home 2020 Information Session Summary



Dear friend!

We are sorry you couldn't join us for our information session. Duc in Altum is best told as a personal story and is hard to convey in any manner other than in person. Despite this, we have summarized the key information we shared.

If this information makes you want to apply, please do!

If this information leaves you wanting to hear more to decide whether to apply, please email us at [duchomeottawa@gmail.com](mailto:duchomeottawa@gmail.com) and we'll arrange to chat with you either in person or on the phone.

Please note that our application deadline is **October 8, 2019**. We *may* still accept applications after this time, so if you hear about Duc too late, don't let that stop you from applying. However, in order for us to plan the year, we need sufficient candidates by this deadline, so it may be to your (and others') advantage to try to make this deadline.

Finally, we are considering two separate schedules of dates for the upcoming Duc year. We will choose which schedule we use based on which works best for the participants.

Yours in Christ,

The Duc Home team

**Please note that this document has two more pages.**

## Schedule 1

November 22 - 24  
December 14  
January 25  
February 29  
March 28  
April 25  
May 23  
June 26 - 28

## Schedule 2

January 24 - 26  
February 29  
March 28  
April 25  
May 23  
June 27  
July 18  
August 28 - 30

## Themes

Opening Retreat  
Identity  
Reconciliation  
Word of God  
The Eucharist  
Theology of the Body  
Discernment  
Closing Retreat

## Commitment

- ✓ attend all eight encounters
- ✓ meeting monthly with a spiritual companion (arranged by team)

## Costs

- ✓ prepare one meal for the group - approximately \$50
- ✓ offering to retreat centre for each retreat - 2 × \$75\*  
*you can adjust this amount according to your financial situation*
- ✓ \$50 fee (speakers, etc)

## Reflection Questions

- Am I able and willing to set aside a year for God?
- Can I make the commitment and investment of time and energy?
- Am I in a position to make changes in my life?
- Does the idea of participating leave me with a sense of peace?

## Next Steps

Fill in an application form ([www.ducinaltum.ca/ottawa/](http://www.ducinaltum.ca/ottawa/)) and send it to [duchomeottawa@gmail.com](mailto:duchomeottawa@gmail.com) by **October 8**.

# What is Duc Home?

## Content

- A “year” for God - we give him permission to move in our life in a powerful way
- A journey with others who, while in different places in their life, all support one another
- A reexamination of themes which are core to the Christian life - how do we live these as adults in faith?

## Structure

- Eight monthly sessions - the first and last are weekend-long retreats (Friday evening to Sunday afternoon) and the six in between are Saturdays (9am - 7pm)
- Days consist of: Sharing, activities, talks, prayer, reflection and meals
- Five to eight participants, three animators, and the speakers of the day
- The retreats are held at the Divine Mercy Centre in Lanark, and the Saturdays are held at a home in Nepean (Visitation)
- Spiritual accompaniment - monthly meetings of about an hour with someone who is familiar with Duc in Altum who will help you get the most out of your experience

## Approach

- We explore open-ended topics - ones that don't have “right” and “wrong” answers
- We live a Salesian spirituality, which puts emphasis on freedom, fullness, family and joy
- Content is proposed to us, which each participant considers, and decides what action to take in light of it.
- The content focuses on daily living, one's heart, and actions, rather than academic or philosophical themes.
- We focus on inviting speakers whose treatment of the topics will offer a perspective not generally explored in typical youth ministry, or which could be found in a popular book or in online talks.

## Next Steps

- Download and fill out the application form
  - It's available at the top of <http://www.ducinaltum.ca/ottawa>.
  - Email it to [duchomeottawa@gmail.com](mailto:duchomeottawa@gmail.com)
  - Note 1: We do not require 'essay-length' answers to the questions
  - Note 2: The application is to assess if now is a good time for you to participate, it isn't assessing *you*
- Or, send an email to [duchomeottawa@gmail.com](mailto:duchomeottawa@gmail.com) and request to speak to us more in person