

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.