

Setting up the Food Fast Space

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FACE THE FAST

How you arrange the Food Fast retreat space is important to setting the tone of the retreat. Whether you have a large or small space, multiple locations or one room, there are several steps you can take to ensure that your space contributes to a successful Food Fast.

Once you've chosen the location, here are some ideas about preparing your space.

Space Set-up

- Designate space for prayer and reflection, large group activities and small group sessions.
- Have chairs for large group activities and discussions. Chairs are more comfortable and encourage attentiveness. Separate this area from the other spaces with tables, chairs or plants.
- If you only have one large space to use, make sure there is enough room for small group sessions. Small groups are most effective when distractions are minimized.
- If you choose to have audio/visual equipment, ensure it is ready before the retreat begins. And make sure that the space is dark enough for presentations and videos to be viewed by the entire group.
- Designate a space for breaks where participants can get a drink, be loud, and relax between activities.

Atmosphere

- Decorate the space with items from around the world. You can use cloths, maps, pictures (see: *Faces of the Fast* presentation) to give your retreat space an international dimension.
- Have a prayer table with a cross, bible, candles and other items you'll use during prayer. Consider adding various items to the prayer table throughout the retreat, to represent the journey youth are taking during the Food Fast. There are suggestions for items in the *Prayers* and *Reflections* at foodfast.org.

Option

Involve youth in preparing the Food Fast space. When participants arrive, ask them to write a prayer, decorate a picture, or add to a collage. This activity will begin to set the tone of the Food Fast while keeping participants busy before the retreat begins. The decorations they provide can be placed in a central location and referred to during prayer, reflection or other activities.

Materials Needed

- Chairs
- Tables
- Music
- Music Player
- Speakers
- Projector
- Screen
- Computer
- DVD player
- Decorations (e.g., pictures, plants, cloths, maps)
- Markers
- Paper
- Tape