



## FREQUENTLY ASKED QUESTIONS

### Why “Frassati”?

The name of the retreat is taken after Saint Pier Giorgio Frassati and placed under his patronage. Frassati, a Lay Dominican, was a living testimony of the beauty of our Young Church when one allows the Lord to take precedence in one’s life. He was a living testimony that intense involvement as a social and political activist need not come at the expense of a soul in harmony; instead, he mastered the art of balancing fervent prayer and charitable works with a genuine, infectious sense of fun.

A kind, humble and joyful prankster he was, Frassati brought together his friends on outings in the mountains. Here, he led his friends closer to God through celebration of the Mass, reading and sharing Scripture, praying the Rosary, and simply experiencing God through His beautiful creation. One of his last known phrases before his sudden death was *verso l’alto*. This motto truly represents his life – for through his daily endeavors, he never lost sight of aiming **toward the heights**: *the summit of Eternal Life*.

Drawing inspiration from St. Pier Giorgio Frassati’s love for the heights, this retreat week offers a sacred space to step away from the noise of the world to encounter God anew through the beauty of His natural creation. Away from the daily rhythm of life, this retreat provides the stillness necessary to hear the Lord’s voice — fostering a deeper spiritual life and a more profound understanding of one’s unique identity and purpose.

### Who is this retreat for?

This year the Frassati Retreat will be a specialized spiritual initiative dedicated to Vietnamese Catholic young adult women (ages 18–35). We recognize that our faith is often beautifully intertwined with our heritage, and this retreat seeks to provide a unique "home" where women

can journey together through a shared cultural lens. Gathering in this intentional way allows us to foster a specialized environment where we can walk together through the unique cultural and spiritual milestones that shape our lives. Whether you are navigating your career or studies, we invite you to join this sisterhood as we support one another in faith — honoring our roots while together reaching *verso l'alto* (“toward the heights”) of our journey with Christ.

### **What is included in the retreat?**

The retreat includes everything from the time you arrive into Calgary and the time you depart: shuttle from and back to the airport (3 hour drive each way), lodging (4 nights), food (12 meals), outdoor activities (2 full-days, 1 half-day), and spiritual conferences. Please note that the retreat cost ***does not*** cover the airfare.

### **What airport should I fly into?**

Please book a flight to Calgary International Airport (YYC). There tends to be good flight prices available via Expedia or Google Flights. Please book flights accordingly if you are requesting shuttle service to the retreat site.

### **What times are the retreat shuttle available?**

The shuttle will pick you up and drop you off at *Calgary International Airport (YYC)*:

- Pick-up on Monday, June 15 at 2pm
  - Plan your arrival with sufficient time to pick up luggage and make it out to passenger pick-up by 2pm
- Drop-off on Friday, June 19 by 1pm
  - We will leave the retreat center at 9am and anticipate to arrive around 12:30pm. To ensure that you have enough time for security screening and checking-in, it is recommended to fly out no earlier than 2:30pm.

Please note that the approximate travel time between YYC and the retreat site is about a 3-hour drive. Please plan your arrival and departure time accordingly.

### **What is the Frassati Scholarship?**

It is our heartfelt desire that every young adult seeking to delve deeper into their faith and relationship with God is able to attend this transformational retreat. To support this mission, we heartily strive to provide the Frassati Scholarship to assist with retreat costs. Because this fund relies entirely on the generosity of benefactors and fluctuates from year to year, we unfortunately cannot guarantee its availability or the specific amount awarded in advance.

Consequently, all retreatants are required to pay the full retreat fee upfront to secure their placement. Following the conclusion of the weekend, should funding be available, those seeking financial assistance may apply for a scholarship reimbursement. To be considered, participants must submit a post-retreat reflection within two weeks of the event. Please note that while we remain committed to supporting our Young Church, these reimbursements are subject to current fund levels and are not guaranteed.

### **Where will the retreat take place?**

The retreat will take place at Frontier Lodge in Nordegg, Alberta, Canada (402062, Range Road 15 #4A, Nordegg, AB T0M 2H0, Canada). As stated on their website, Frontier Lodge is a Christian outdoor adventure centre situated on the eastern slopes of the Canadian Rockies. They specialize in all-inclusive, outdoor adventure-based programs – which are all formed based upon the belief that experiences in the outdoors build character, community, and a connection with God. To learn more, visit the [Frontier Lodge website](#). *If you reside outside of Canada, please ensure that you have the appropriate paperwork in enter the country.* For American citizens a US passport will suffice (i.e. you do not need a visa).

### **What types of outdoor activities will we be doing?**

Frontier Lodge offers a variety of Summer outdoor activities, including caving, rappelling, white water rafting, and Tyrolean traverse. The specific activities that we do will be confirmed closer to the retreat date.

### **How physically fit should I be?**

Retreatants do not need to be a “full-fledged athlete.” Nonetheless, they should be somewhat physically fit, as we will be doing outdoor activities that need strength, stamina, and perseverance.

### **What spiritual activities will we be doing?**

Along with a few Dominican Sisters, a Catholic priest will also be accompanying us. Thus, we will begin every morning with the Holy Mass and the Sacrament of Reconciliation will be available every day. These spiritual chaplains will also be available for one-on-one conferences with retreatants.

### **What do I need to do to prepare?**

First and foremost: PRAY! A retreat cannot bear fruit if it is not accompanied by prayer. Second, since this is an adventure retreat, you can begin to exercise regularly and to build physical stamina. Third, regarding personal and practical items, a comprehensive list will be sent closer to the retreat.

**What type of paperwork will I need to complete?**

In addition to having a valid passport, formal agreements and liability waiver forms will be sent to you via email approximately two weeks before the official start of the retreat.

**What do I do if I have any other questions/concerns?**

We are glad that you are interested! Please feel free to reach out directly to Sr. Catherine Teresa Duyên Anh, O.P. at [vocation@dsmip.org](mailto:vocation@dsmip.org) or (832) 277-4707 if you are in need of any clarifications or additional information.