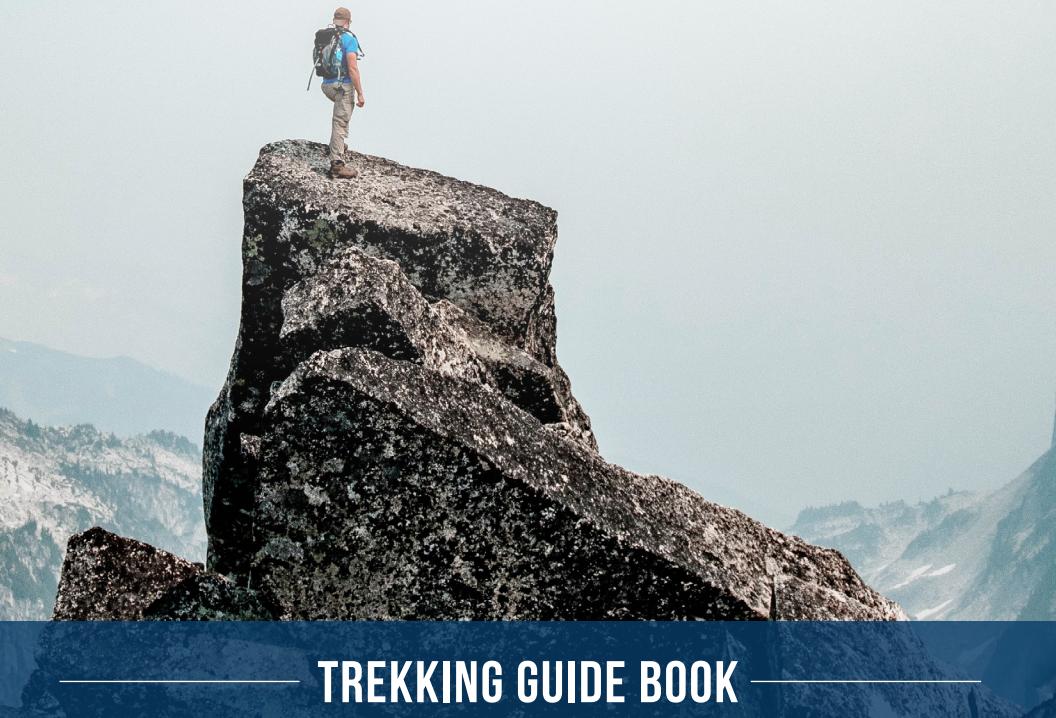




BASE CAMP

ARCHDIOCESE *of* MILWAUKEE



TREKKING GUIDE BOOK

VERSO L'ALTO

[to the heights]



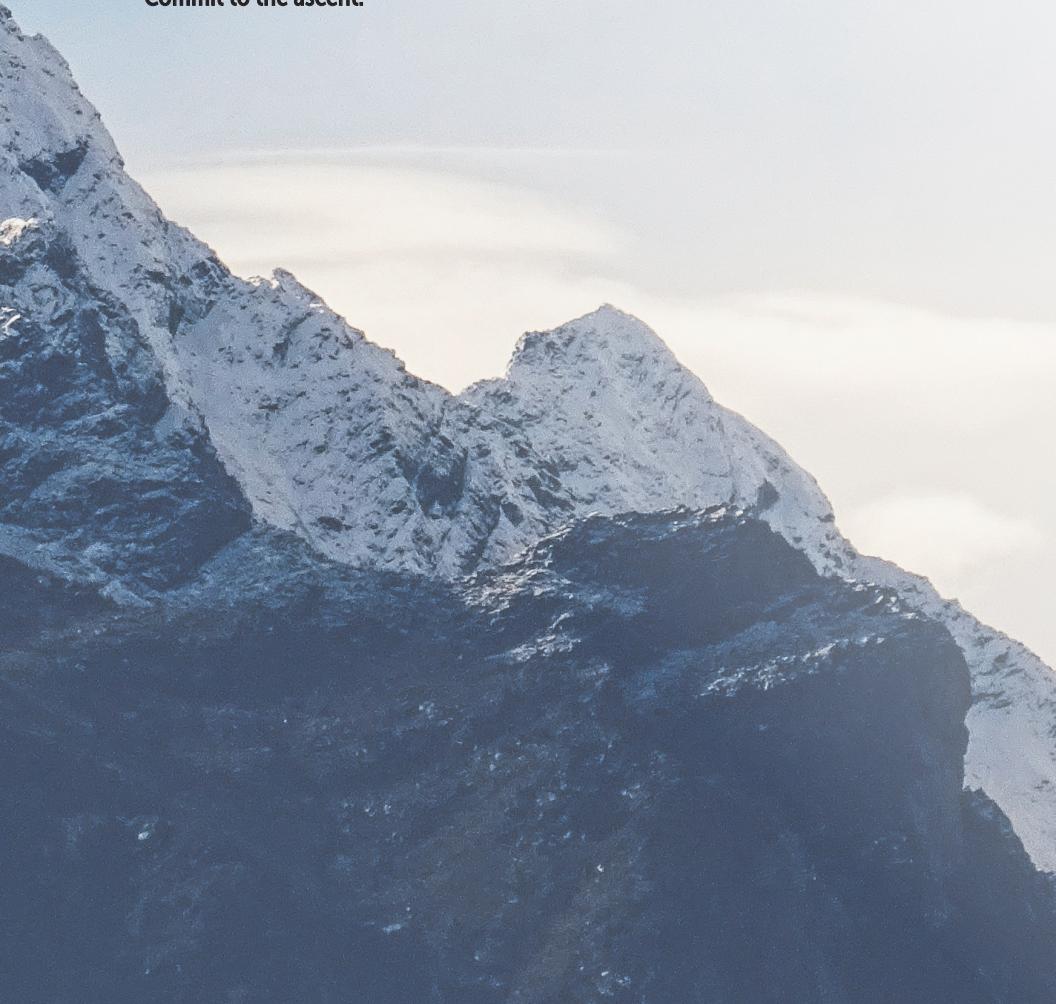
Are you ready to climb?

In mountaineering, when climbers ascend to a summit they usually aren't doing it from the bottom of the mountain. Those who have made it as far as Base Camp, just below the summit, find a supportive community of climbers who encourage and help each other acclimate and prepare for their final ascent.

It's a concentrated season of encountering Christ, becoming more firm in your faith, and emerging more confident in sharing the Gospel than ever before.

You will be challenged, but you won't climb alone.

Commit to the ascent.



Base Camp Practices

TIME FOR GOD.

Daily Prayer

You're asked to spend 20 minutes a day in prayer using Sacred Scripture (daily passages provided)

Nightly Examen/Journaling

Examine each day and journal with your examen card

Frequent Confession

Receive the Sacrament of Reconciliation once a month.

More Mass

In addition to Sunday Mass, attend one daily mass more than you would normally do.

Gratitude Rosary

Starting at Easter. A simple tool for lifting up prayers of thanksgiving everyday (guide will be provided).

TIME FOR EXCELLENCE.

Keep your phone out of your room.

Charge it elsewhere.

Abstain from ALL social media.

Use your extra time to read a good book and exercise three days per week.

Do small things with great love.

Wake up, say a quick prayer ("Come, Holy Spirit"), make your bed

Get outside! At least for 20 minutes.

Wash every dirty dish right away - no dish left behind!

TIME FOR CONNECTION.

Weekly Accountability Group (In-Person and/or Virtual)

Meet weekly with 3-4 other climbers for accountability and encouragement.

Weekly Formation Videos

Sunday's and Wednesday's there will be a 4-7 minute video that you will be able to watch and later discuss with your climbing group.

Monthly Gatherings (In-Person)

Every month there will be a gathering to grow in prayer, friendship and purpose.

Have "eyeball time" every day.

Spend time with people! Spontaneous or planned relational time 1-1 or in community everyday.

TIME FOR CELEBRATION.

Starting at Easter TBA.

*Will this be easy? Probably not.
Will you grow more in love with
God? For sure!*

*No one can do the heavy lifting
for you - but we're here to support
you and we'll be praying for you
all the way up.*

Let's do this!

Training Schedule

LARGE GATHERINGS

Sunday, January 3rd | Introduction & Disposition | Fr. Jordan Berghouse

Sunday, February 27th at 7:00pm | ZOOM intro to Base Camp

Wednesday, March 2nd | Ash Wednesday - Begin Base Camp

Saturday, TBD | Lenten Desert Day (prayer and reflection)

Saturday, April 16th | Resurrection Party!

Saturday, June 4th | Pentecost Vigil and Social

FORMATION VIDEOS

Weekly 4-7 Min videos released on Sundays and Wednesdays

Gear Up

A successful climb requires the proper gear and knowing how to use it. This Base Kit contains:

Bible - for reading your daily Scripture; feel free to write in it and make it your own.

Journal - for processing and logging your progress.

Prayer Guide Card - gives you coordinates for your daily prayer with Scripture and a guide for how to use your 20 minutes in prayer. We suggest keeping this in your Bible.

Daily Examen Card - gives you a guide for reviewing your day, a checklist of our Base Camp Practices to monitor your progress, and suggested journaling prompts. We suggest keeping this in your journal. Notice that there are a few blank lines on the checklist of daily practices. This is in case you or your accountability group set specific goals that you wish to add.

Mug & Tea - for your coffee or tea as you read Scripture or your good books

Stickers - because who doesn't love a Brew City Catholic sticker

PRO-TIPS: Preparing for Base Camp

Between now and June 5, take some time to prepare. Ask Jesus to help you follow the Holy Spirit; he is the best teacher!

SET A TIME FOR DAILY PRAYER & EXAMEN

- The best time for you to pray is the time that you will actually do it, so find the time that works for your life.
- Plan 20 minutes when you can give God your undivided attention --we recommend making this the first thing you do when you get up in the morning.
- Plan for another 15-20 minutes sometime before bed to give God your undivided attention for your daily examen and journaling.
- Doing it at the same time each day is helpful if this is possible for you.
- Put these times in your calendar. Set a reminder.

READY YOUR PRAYER SPACE

- Find a quiet spot with limited distractions where you won't be interrupted.
- Find a location where you do not usually work, sleep, or watch Netflix. If that's not possible, try to arrange it in a new way to make it a space you are excited to use and is more conducive to prayer.
- Make sure it has comfortable seating and good lighting.
- Consider adorning the space with a crucifix, a favorite image of Scripture or a Saint, and a votive candle to light during prayer.
- Set up your space with your Bible, *Prayer Guide Card*, journal, *Daily Examen Card*, and a favorite pen.
- Let others in your household know when you are taking your prayer time and ask them to respect your time of quiet prayer--or to join you for it! They may enjoy it!

ASK FOR WHAT YOU DESIRE (BEGIN WITH THE END IN MIND)

- Take some time to consider what you desire to be different when you finish:
 - What would you like your relationship with God to be like?
 - What good habits would you like to have established in your life?
 - What virtues would you like to have strengthened?
 - What do you want God to do for your loved ones and the world?

- Jesus is able to accomplish far more than we ask or imagine (Eph 3:20). Ask Him for the grace to grow in these ways and to answer your prayers for others.
- Write down what you asked. Keep it handy. Ask Jesus for this grace regularly. This can help you to stay committed to your time of prayer when it gets tough.

Remember, if you miss a day, don't get discouraged. Simply return to Jesus the next day and ask Him to help you to try again. His grace is renewed each morning (Lam 3:22-24).

**"I HAVE THE STRENGTH
FOR EVERYTHING THROUGH HIM
WHO EMPOWERS ME."**

|PHIL 4:13|





Your Climbing Group

Base Camp will help you connect with an accountability group of 3-4 fellow climbers to share your journey called a "climbing group".

Reach out to them soon to find a day/time that works for you all to meet either in-person or virtually once a week for 60-90 minutes.

Here's how to spend your group time:

WEEKLY CLIMBING GROUP ITINERARY

- 2 minutes Open in Prayer asking God to bless your time in your own words
- 5 minutes Community Building Warm Ups
 - (at least first few weeks--see suggested Warm Ups on p.11)
- 10 minutes How are you?
- 10 minutes How are you and God? How's your prayer?
- 10 minutes How are you doing with our daily/weekly/monthly commitments?
 - How can we help each other with this?
- 12 minutes What stood out for you from this week's Formation Videos?
 - What do you think God is trying to teach us through that?
- 10 minutes Closing prayer
 - How can we pray for you?
 - (Not only for others in your life, but for you?)
 - Then pray for each other in your own words.
- 1 minute Confirm our next meeting day/time.
 - Anything else we need to remember for next week?
 - Upcoming In-Person Gathering?

3 PRACTICES FOR CLIMBING GROUPS

Be Connected

adjective: brought together or into contact so that a real or notional link is established.

- Show up. As simple as it sounds, simply committing to be with each other for your weekly meetings is the foundation of building community and encouraging each other to grow.
- Invest your attention in people. Attention is often the greatest gift you can give someone.
- Recognize in each other the desire for holiness. The most life-giving friendships are those based on the common goal of Holiness.

Be Sincere

adjective: saying what you genuinely feel or believe; not dishonest or hypocritical.

- Don't accept a label in place of a story. Avoid putting people in boxes. Each person is a unique and unrepeatable child of God. Seek to know their story over their attributes/gifts/weaknesses.
- Value honesty over vulnerability. We can sometimes idolize vulnerability as the goal of sharing. This can put pressure on how we share. Don't seek to match others in your group but share at the level you are comfortable. Trust comes from honesty not vulnerability.
- Recognize that when someone is sharing something vulnerable your response has an impact. Empathize, encourage, and keep confidentiality. Be trustworthy.

Be Accountable

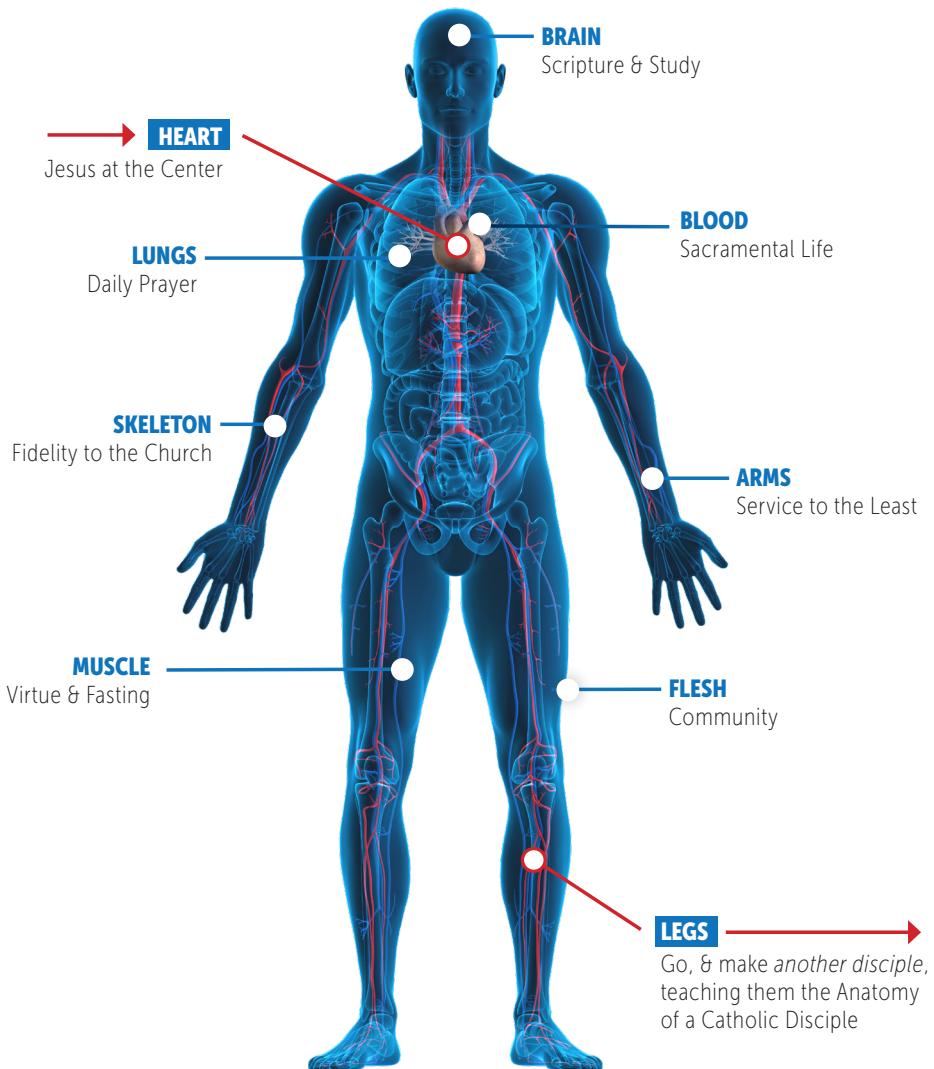
adjective: required or expected to justify actions or decisions; responsible.

- Be very explicit with what your commitments are. Make sure to talk through the commitments you're each making even if you think they are clear.
- Make sure you are all clear on the why of each commitment. This is where motivation really kicks in.
- Be responsible for one another. Decide on exactly how you are going to keep track of commitments and when you are going to ask each other about them. (Suggestion: use the app HabitShare) Accountability will fail as soon as you stop giving each other the specific opportunity to "account" for commitments. If it fails, seek to re-establish through honest conversation.
- Be creative. Come up with creative and fun ways to encourage accountability. For example, if you want to get to bed at a certain time, make it a tradition to play a board game or watch an episode of The Office right before bed with a roommate.
- Celebrate failure: If you complete a daily commitment 3 days a week that you previously were doing 0 days a week, celebrate the 3 wins rather than dismiss the week because of the 4 fails. The process of growth necessarily involves failure.

COMMUNITY BUILDING WARM UP QUESTIONS

1. What superpower do you wish you had?
2. What animal do you hope is in heaven?
3. What sport do you wish you were good at?
4. What book would you like to read (other than the Bible)?
5. What movie should everyone watch and why?
6. Who are two people (alive or dead) you would like to have dinner with?
7. What skill would you like to have?
8. What is your favorite restaurant and your favorite dish there?
9. If you were stranded on a desert island what one book and one TV show would you bring?
10. What is your favorite full album?
11. What is your favorite ice cream/gelato/fro yo flavor?
12. What is your favorite souvenir you have brought back from a vacation?
13. If you could have an unlimited supply of any one thing what would it be?
14. Pick three people you'd like on your zombie apocalypse team.
15. Who was your childhood actor/actress/singer crush?
16. What is your favorite and least favorite kitchen item to clean?
17. What is your favorite board game?
18. What is your favorite cookout food?
19. What is your favorite sandwich?
20. If you could live anywhere in the world, where would it be?

The Anatomy of a Catholic Disciple





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