

**MOUNTAIN MADNESS 2026**



# **IMAGO DEI**

**MOUNTAIN  
MADNESS**

## **Mountain Momentum**

**This weekend your child  
encountered God.  
Now what?**



[archden.org/eflm](http://archden.org/eflm)

**Dear Parents,**

**This weekend at Mountain Madness, your child encountered God.**

**In the healing Sacrament of Reconciliation, your child received the opportunity to be in total union with God our Father (CCC 1422-1490).**

**In the Eucharist, your child received strength when receiving our Lord Jesus Sacramentally present (CCC 1322-1419)**

**This weekend, your child was blessed and enriched by these gifts from God that shower His graces down from Heaven.**



## **THE QUESTION NOW IS: What will you do to help your child continue to live in this state of grace?**

What a fantastic opportunity you have as a parent to foster your child into an ongoing relationship with Christ!

Hopefully, you, too, have experienced the healing power of Confession and the strengthening gift of the Eucharist in your own life. If it has been awhile, most parishes in the Archdiocese offer weekly Confession times, and priests are always willing to make appointments for this healing gift.

Your example in continually developing and living out our Catholic faith will help your child to continue to grow in love with our God.

Mountain Madness is more than just a single weekend event. This retreat is designed to solicit a discipleship response in your child, to stir up a desire to live for Jesus Christ as He lived and died for us.

Here is where your role as primary educator for your child comes into play.

The Cross is a pivotal part of the faith life of a Christian. This weekend we discussed the life of Christ with a focus on the Cross. The Cross is suffering but is also the bridge to salvation and new life. How we live that in our daily lives is the call of the Christian. Christ has given us a model of how to live - but we never walk alone. He walks with us step by step, calling us always to follow Him.

We encourage you to share with your child in the coming weeks. Here are some questions and resources that will help foster conversations over shared dinners, rides in the car, or when shutting down for the night. Pray with and for your child for continued blessings of this weekend to bear ongoing fruit in your child, in you, in your family and in the world.

## Post Mountain Madness Questions for Discussion

- How did you feel before and after you went to Confession?
- How often do you think we should go to Confession as a family?
- What helps you pray?
- What is your favorite prayer?
- Share with your child how your own prayer life developed from when you were a child to an adult.
- How can our family incorporate more prayer into our lives?
- How have you seen God working in your life?
- What are you most grateful for?
- How can we as a family grow closer to God, knowing we each have our own spiritual relationships with Him?

## RESOURCES

### ONLINE

- Your local parish website for Mass and Reconciliation times
- YouTube Channels:
  - Ascension Presents
  - Chris Stefanick, Real Life Catholic
  - Bishop Robert Barron, Word on Fire
- Popular Catholic Podcasts:
  - Catholic Stuff You Should Know
  - Father Mike Schmitz – Bible in a Year; Catechism in a Year
  - Word on Fire
  - Pray-As-You-Go
  - Catholic Saints, Augustine Institute
- Hallow – Catholic meditation and prayer app
- Formed.org – ask your parish about log in information
- archden.org/EFLM

### BOOKS

- YOUCAT Youth Catechism
- Catechism of the Catholic Church (read through a paragraph each night with your child)
- “The Anxious Generation” by Jonathan Haidt - a book to help parents understand the impact of phones and social media
- Your Bible!



Office of Evangelization  
and Family Life Ministries