



Urban Plunge Immersion Experiences

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Urban Plunge Program Description -

Casa Romero's Urban Plunge develops sensitivity and awareness of urban issues through input, reflection, prayer, service, and agency visits. Customized to focus on the social justice themes your group wishes to explore (such as hunger & food insecurity, homelessness, poverty, care for creation, immigration, human trafficking, or racism), the Urban Plunge program immerses participants into aspects of urban reality while encouraging a commitment to building a more just world. You or your group might be ideal participants in Casa Romero's Urban Plunge if you desire to look for the *unique dignity of each person* you encounter while also having a readiness to allow your sense of "what I/we know to be true" about the world to be expanded. It is our hope that participants will return to their communities with the desire to share their gifts and talents *even more* as a way of realizing God's dream of healing, justice, and freedom for all people.

The duration of an Urban Plunge experience will vary depending on the desires of the visiting group and the availability of the Casa Romero retreat center. Six to eight day immersion experiences are common.

Sample Day -

- Morning prayer
- Learning – Poverty/Hunger/Homelessness
- Learning, Service, and packed Lunch at Alice's Garden
- Midday Reflection
- Guest Speakers: Street Angels & person who has experienced homelessness
- Supper at St. Ben's Community Meal with guests; debrief
- Examen/sharing

Partial List of Example Agencies -

Alice's Garden, Core El Centro, Father Gene's Help Center, Feeding America, Full Circle Healing Farm, Habitat for Humanity, Hunger Task Force, Kinship Community Food Center, MacCanon Brown Homeless Sanctuary, St. Ann Center for Intergenerational Care, St. Bakhita Catholic Worker, St. Ben's Community Meal, Street Angels, Tricklebee Café, VETs Place Central, Voces de la Frontera