

Sample Schedule for Retreats for Young Women

Friday

5:00-5:30 PM

Arrival, Registration, Settle in

5:30-6:30

Wine and cheese "Get acquainted social"

6:30-7:15

Dinner

7:15-9:00

Opening Session. Explains the flow of the retreat, value of silence, and introduces the theme of the retreat

Silence Begins

9:00

Retire to Room (In Silence)

Saturday

8:15 AM

Movement Meditation (outside if weather permits). This is kinetic prayer involving slow meditative movements with some kind of spoken prayer

8:30

Breakfast

9:15—10:30

Introduction of how to pray as if having a conversation with your best friend (God)

Time to enter into this prayer alone.

10:30—10:45

Break

10:45—12:30

Processing this experience in small group led by facilitator

Introduction of exercise to notice how God has been with you throughout your life.

Time to begin working with that

12:30—2:00

Lunch followed by free time to rest, exercise...

2:00—3:30

Meeting God in nature

Process that experience led by facilitator

3:30-3:40

Break

3:40-5:50

Group Sharing of noticing God in life

Using music or poetry to enter into encounter with God

Process that experience led by facilitator

5:50-7:00

Dinner and free time (In silence)

7:00—9:00

Healing Meditation and Night Prayer

9:00

Retire to rooms (in silence)

Sunday

8:15 AM

Movement Meditation (outside if possible)

8:30-9:15

Breakfast

9:15—11:30

Art as a meditative prayer form

Sharing experience in group/facilitator led

11:30

Mass in Library

12:30

Lunch (Talking)