



## *Sample Agenda*

**Please Note:** This is a sample agenda to give you a sense of the pacing of an in-person retreat. Specific times may change depending on the content. Sessions will have a mixture of listening, sharing (if you choose to share), personal time, and invitation to integrate the reflections with an activity such as walking or art meditation. You are always invited to experience the retreat at the pacing you need.

Many comment on their appreciation of the balanced pacing and invitation to experience the retreat however they need to during a *Retreat, Reflect, Renew* retreat.

### **FRIDAY**

3:00-5:00 Check-In

5:00 Gather for Orientation

5:30 Dinner

6:15 Introductions, Opening Prayer, Introduction of Retreat

### **SATURDAY**

7:30 – 8:30 Breakfast

9:00 – 12:00 Session One

12:00 – 1:00 Lunch

1:00 – 3:00 Session Two

3:00 – 5:00 Personal Time

5:00 – 6:00 *Option:* Small-Group Sharing

6:00 – 7:00 Dinner

7:00 – 8:00 Prayerful Reflections

### **SUNDAY**

*Room Check-Out is 11AM*

7:30 – 8:30 Breakfast

9:00-11:00 Session Three and Closing Prayer

11:15 – 12:00 *Option:* Mass in Chapel or Personal Reflection Time

12:00 – 1:00 Lunch

*Go in Peace*