



Retreat Schedule Examples

You could host your retreat at a home, camp, church, or other suitable space.

The following are examples of retreat schedules. Time needed for each part may differ for each group.

In crafting your own schedule, we would suggest considering the following:

- Leave enough time for the exercises. Because of the nature and content of the exercises in this retreat, we would encourage you to anticipate needing more than less time for the exercises.
 - Leave enough time for small group discussion. If you're trying to gain time somewhere in your schedule, resist the temptation to shorten small group time. You probably know by now how fruitful this time can be.
 - Breaks are very important during a retreat. We suggest allowing at least 15-20min breaks in between sessions - or even make them longer, as some people need more time to process on their own versus in a group. There is also bathroom time to consider:)
 - Ending the retreat day with a meal is a time tested winner. Consider this when crafting your schedule.
 - Leave between 45-60mins of silent time for Session 1 Exercise. Why so long when a number of people may not be used to praying for that long, if at all? Because, if the persons in the group choose to read through the handout, it may take a little while for some to get through it before they actually begin to pray. If you choose to go through the handout before the exercise and/or the persons in your group are already used to praying, 20-30mins for prayer time could work as well. If you do choose to plan for 45-60mins of silence, you can remind participants that as we take this silent time, there is no pressure to 'pray' for the entire time.
 - As you may know quite well, when crafting a schedule for something like a retreat, we are invited to plan well and, at the same time, allow ourselves to be directed by charity as the retreat moves along. It is good and important to plan. It is just as good and important to possess a spirit of adaptability. Because we are serving real human beings, the persons in front of us may need something a little different than what we originally planned. That said, it is good to remember that we are not the ultimate director of this retreat - GOD is. That should allow us to rest a bit. The pressure is not on us. This is ultimately God's retreat and God's people. We are here to plan and serve the people entrusted to us. We are here to co-create a space and time that's conducive for people to have an encounter with God. We are also invited to stay open throughout the retreat and listen to God and to the people in front of us, ready to adapt the schedule or other detail as charity so calls us.
 - If you have any questions, feel free to contact Roch Gernon, Diocesan Coordinator of 'Made for More' @ (985) 850-3177 or rgernon@htdiocese.org
- The following pages include example schedules. We would suggest using options #2-5 if possible.

- 1) Shorter Day - With 1 Meal
- 2) Full Day - With 1 Meal
- 3) Full Day - With 2 Meals
- 4) Full Day - With 3 Meals
- 5) Full Day - With 3 Meals, Mass, & Possible Reconciliation

SHORTER DAY

With One Meal

8:30	Arrive - coffee, snacks, catch up
9:00	Introduce Retreat
9:15	<i>Session 1: 'Teach Me How to Pray'</i> (video)
9:35	Introduce Exercise & Handouts
9:45	Retreat Exercise, Prayer time Silence
10:15	Come back to Small Group
10:20	Small Group Discussion Questions
10:50	Break
11:05	<i>Session 2: Seeing Each Other</i> (video)
11:25	Introduce Exercise
11:30	Retreat Exercise, Session 2
12:10	Small Group Discussion Questions
12:40	Lunch
1:30	<i>Session 3: Committed to Community</i> (video)
1:55	Introduce Exercise
2:05	Retreat Exercise, Session 3
2:45	Small Group Discussion Questions
3:15	End of Retreat

FULL DAY

With One Meal

8:45	Arrive - coffee, snacks, catch up
9:15	Introduce Retreat
9:30	<i>Session 1: 'Teach Me How to Pray'</i> (video)
9:50	Introduce Exercise & Handouts
10:00	Retreat Exercise, Prayer time Silence
11:00	Small Group Discussion Questions
11:45	Break
12:00	Lunch
12:40	<i>Session 2: Seeing Each Other</i> (video)
1:00	Introduce Exercise
1:10	Retreat Exercise, Session 2
1:50	Small Group Discussion Questions
2:30	Break
2:50	<i>Session 3: Committed to Community</i> (video)
3:15	Introduce Exercise
3:25	Retreat Exercise, Session 3
4:00	Small Group Discussion Questions
4:45	End of Retreat

FULL DAY

With Two Meals

8:00	Arrive - coffee, catch up
8:30	Breakfast
9:15	Introduce Retreat
9:30	<i>Session 1: 'Teach Me How to Pray' (video)</i>
9:50	Introduce Exercise & Handouts
10:00	Retreat Exercise, Prayer time Silence
11:00	Small Group Discussion Questions
11:45	Break
12:00	Lunch
12:40	<i>Session 2: Seeing Each Other (video)</i>
1:00	Introduce Exercise
1:10	Retreat Exercise, Session 2
1:50	Small Group Discussion Questions
2:30	Break
2:50	<i>Session 3: Committed to Community (video)</i>
3:15	Introduce Exercise
3:25	Retreat Exercise, Session 3
4:00	Small Group Discussion Questions
4:45	End of Retreat

FULL DAY

With Three Meals

8:00	Arrive - coffee, catch up
8:30	Breakfast
9:15	Introduce Retreat
9:30	<i>Session 1: 'Teach Me How to Pray' (video)</i>
9:50	Introduce Exercise & Handouts
10:00	Retreat Exercise, Prayer time Silence
11:00	Small Group Discussion Questions
11:45	Break
12:00	Lunch
1:00	<i>Session 2: Seeing Each Other (video)</i>
1:20	Introduce Exercise
1:30	Retreat Exercise, Session 2
2:15	Small Group Discussion Questions
3:00	Break
3:15	<i>Session 3: Committed to Community (video)</i>
3:45	Introduce Exercise
3:55	Retreat Exercise, Session 3
4:45	Small Group Discussion Questions
5:15	Dinner End of Retreat

FULL DAY

With Three Meals & Mass

Saturday option

8:00	Arrive - coffee, catch up
8:30	Breakfast
9:15	Introduce Retreat
9:30	<i>Session 1: 'Teach Me How to Pray'</i> (video)
9:50	Introduce Exercise & Handouts
10:00	Retreat Exercise, Prayer time Silence
11:00	Small Group Discussion Questions
11:45	Break
12:00	Lunch
1:00	<i>Session 2: Seeing Each Other</i> (video)
1:20	Introduce Exercise
1:30	Retreat Exercise, Session 2
2:15	Small Group Discussion Questions
3:00	Break
	Possible time for the Sacrament of Reconciliation at your parish
4:00	Mass at your parish
5:15	Dinner
6:45	Break
7:00	<i>Session 3: Committed to Community</i> (video)
7:30	Introduce Exercise
7:40	Retreat Exercise, Session 3
8:30	Small Group Discussion Questions
9:00	End of Retreat

You could do the following things to shorten the day:

- Delete time for Reconciliation
- Delete Mass
- Shorten Dinner
- Pull the day back (e.g. to 7am), move Session 2 before lunch, and push lunch back