

RETREAT TIMETABLE

Friday

8.00	Arrive	
8.30	Introductory Talk	<i>(‘Thank you,...’)</i>
8.50	Meditation	
9.20	Personal Examination of Conscience	
	Retire	

Saturday

6.45	Rise	
7.30	Meditation	
8.00	Mass	
8.45	Breakfast	
9.30	Rosary	
10.30	Talk	<i>(‘...forgive me,...’)</i>
11.30	Meditation	
12.30	Lunch	
1.00	Visit to Blessed Sacrament & Examination of Conscience	
2.00	Way of the Cross	
3.00	Class (with priest)	<i>‘The Truth: in my Mind and in my Heart’ (The Last Three Commandments)</i>
4.00	Afternoon Tea	
4.30	Meditation	
5.00	Benediction	
6.00	Dinner	
7.00	Meditation	
8.00	DVD (optional)	<i><u>‘Remembering Bishop Alvaro Del Portillo’</u></i>
9.00	Personal Examination of Conscience	
	Retire	

Sunday

6.45	Rise	
7.30	Meditation	
8.00	Mass	
8.45	Breakfast	
9.30	Rosary	
10.30	Talk	<i>(‘...help me more!’)</i>
11.30	Meditation	
12.30	Lunch	
1.00	Visit to Blessed Sacrament & Examination of Conscience	
1.30	Meditation	
2.00	Benediction	
	Leave	

The priest will be available to hear confessions all day except when in Chapel and during meals.