Online Retreat Day Schedule

9:45 Gathering

10:00 Introductions (share how long meditating, whether in a group)

Outline of the day

10:15 Meditation

10:45 Brief break

10:50 Video

11:15 Breakout rooms (each group decides when to end)

 Personal time and lunch

1:00 Meditation

1:30 Video

2:00 Breakout rooms (each group decides when to end)

 Personal time

3:00 Gathering for questions, discussion, sharing of the day, future plans

3:30 Closing Prayer

Possible questions for discussion after viewing the video

Part 1

1. What stood out for you in the video
2. How does 'showing up' and being present' manifest for you in prayer ?
3. What is the importance of intentionality in prayer ?

Part 2

1. What stood out for you in the video
2. How have you managed to reduce distractions during meditation ?
3. Has group meditation been important to support your practice ?