

Sample Retreat

A Retreat With St Benedict

First Day – Dinner and an Evening

<u>Activity</u>	<u>Area of Benedictine Spirituality</u>
Dinner	<i>Sustenance</i>
Session One: An Introduction to the Retreat and Meeting the Rule of Benedict	<i>Study</i>
Compline	<i>Corporate Prayer</i>
The Great Silence Time for prayer and rest	<i>Prayer & Rest</i>

Second Day – A Day and an Evening

Morning Prayer	<i>Corporate Prayer</i>
Breakfast In silence	<i>Sustenance</i>
Session Two: Benedictine Stability – The Fine Art of Staying Put Introduction, discussion and small group reflection	<i>Study</i>
Break	<i>Leisure</i>
The Benedictine Prayer of <i>Lectio Divina</i> Learning about and experiencing this prayer Silence observed	<i>Prayer & Time Alone</i>
Noonday Prayers	<i>Corporate Prayer</i>
Lunch In silence with reading by a lector	<i>Sustenance</i>
Session Three: Listening with the Ear of the Heart Discussion and guided meditation	<i>Study</i>

Free Time	<i>Leisure and Rest</i>
* Awareness Walk at some point during this Time	<i>Prayer</i>
Evening Prayers	<i>Corporate Prayer</i>
Bring your “Awareness Object”	
Wine and Cheese Social Time	<i>Time Together</i>
Dinner	<i>Sustenance</i>
Session Four: Benedictine Obedience – We Listen and Respond	<i>Study</i>
A story and responding to the story	
Compline	<i>Corporate Prayer</i>
The Great Silence	<i>Prayer & Rest</i>
Time for prayer and rest	

Third Day – A Morning through Lunch

Morning Prayer	<i>Corporate Prayer</i>
Breakfast	<i>Sustenance</i>
In silence with music	
Session Five: Benedictine Conversion of Life – Openness to Transformation	<i>Study</i>
Discussion, reflection with craft materials, sharing	
Holy Eucharist	<i>Corporate Prayer</i>
Lunch	<i>Sustenance</i>
Depart for home, refreshed, relaxed and energized in the Spirit	<i>Service</i>

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Design Notes

“Sample Retreat” should have the title look of “Dear Benedict”

The font for “A Retreat with St. Benedict” doesn’t have to be the one shown here. If it needs to be changed it would just need to look different from the page title.