

Silence and Solitude Retreat Schedule

11AM arrive and unload
11:30AM Stations of the Cross
12PM Lunch
1PM Midday Office*
1:30PM Play
3:00PM Lectio Divina and Centering Prayer
5PM Vespers Office*/Worship
6PM Dinner
7PM Play
8PM Solitude
9PM Ignatian Examen
10PM Office of Compline* / Begin Prayer Vigil
12AM Midnight Office*
3AM Office of Night Watch*
5:57AM Office of Dawn*
6:15AM Discipline of Silent Cleaning
8AM Morning Office*
9AM Breakfast/Jesus Prayer
10AM Solitude
11AM Play
12PM Lunch
1PM Arrive at Home

*Prayer service

Supplies:

Stations of the Cross
Cross on Pole (processional cross)
Prayer books
Journals
CANDLES (one christ candle)
Cleaning Supplies
Prayer Ropes
Meditation music (CHANT)

Game stuff:

Beach Ball
2 long rafts
2 round watermelons
volleyball
frisbee

Food Stuff: (all hot stuff is over a fire)

Sandwich bar stuff (X2)
Hamburgers and fixings
Boneless Chicken
Grilled French fries/or some type of potato
Eggs/Sausage/Fruit/ (Precooked Biscuits)