

TRINITY RETREAT CENTER

Sample Schedule for In-House Retreats

Arrival day

4:00-5:45pm	Check in, settle, be still
5:40-6:00pm	Orientation
6:00-7:00pm	Dinner
7:00-8:00pm	Programming
8:00-8:30pm	Candlelight Compline in the chapel (optional)

Retreat days

7:00-7:30am	Silent meditation in the chapel (optional)
7:30-8:00am	Morning prayer in the chapel (optional)
8:00-9:00am	Breakfast
9:00am-12:00pm	Programming
12:00-12:30pm	Sacred Pause: Noonday prayer in the chapel (optional)
12:30-1:30pm	Lunch
1:30-4:00pm	Free time
4:00-6:00pm	Programming
6:00-7:00pm	Dinner
7:00-8:00pm	Programming
8:00-8:30pm	Candlelight Compline in the chapel (optional)

Departure day

7:00-7:30am	Silent meditation in the chapel (optional)
8:00-9:00am	Breakfast
9:00-9:30am	Check out of room
9:30-11:00am	Programming
11:00am-12:00pm	Eucharistic service in the chapel (optional)
12:00-1:00pm	Lunch
1:00pm	Go in peace

