**GENERAL RETREAT INFORMATION**

**Basic Outline and Overview:**

The following information and retreat schedules are based on a self-guided Teams retreat at a location of your choosing. Schedules can be easily adapted to your particular needs as you prepare. Times are given as a means to stay on track. They are not hard and fast. They are given so that all sessions and activities are covered.

Friday is a time of gathering, getting settled in, and socializing until all members have arrived. Dinner begins with highs and lows. The team then moves into the evening with welcoming, housekeeping notes, prayer and then leads into directing our attention and preparing our hearts for the retreat theme. Humor is helpful in getting members to let go and get comfortable. We should orient ourselves towards the attitude and perspective of being on retreat. Depending on the number of sessions for your retreat topic, Session 1 could be held on Friday evening.

Saturday is a time of continuing deeper into the retreat theme. Saturday morning is for retreat sessions along with some quiet reflection and/or discussion. Right after lunch is good for some free time. More retreat sessions can continue in the afternoon. An option is to include a large block of silent reflection time (1 ½ - 2 hours) to fully allow for reflection on the retreat theme. Coming back together prior to dinner could allow for group discussion. The bulk of Saturday is to develop and move through the retreat theme.

Sunday is a day for celebrating what was covered and learned and experienced from the retreat theme. It generally has a lighter, more celebratory undercurrent. We can express gratitude in growing in faith with each other.

Discussion can either be for couples only or for the larger group. Sometimes the discussion is mixed to allow couples to discuss individually, then share with the larger group. This can be adjusted to fit your team’s particular needs.

Meals can be assigned to couples. It is disruptive to leave to go out for meals. When we retreat, we go away from our normal environment into an environment that is conducive to a deeper encounter with God. This is most effective when distractions from the outside world are minimized. There is beauty and connection to live “in community” for the weekend.

Prayers can be assigned to couples. Each couple can provide a prayer that fits with the retreat theme and is expressive of their individual prayer style. Songs add depth to the prayer experience.

Mass is a beautiful way to culminate the retreat weekend if possible. If there is an option nearby, then attending mass after leaving the retreat location provides a transition back into the greater church community. Mass done in the evening on Sunday can also provide this if all agree to do so. Saturday evening mass is an option as well, just consider the distraction of leaving the retreat space. If a priest is present with your team, then mass at your retreat location could be an option.

**TEAMS OF OUR LADY TEAM #**

**RETREAT TITLE**

**[Date]**

**FRIDAY**

* Gather/Social
* 6:00 Dinner
* 7:30 Welcome/Intro/Housekeeping
* Evening Prayer/Activities**\*\***
* 11:00 **Silence Begins**

**SATURDAY**

* 7:00 **Silence Ends**
* 8:00 Breakfast
* 8:45 Morning Prayer
* 9:00 **SESSION 1**

Reflection and Discussion

* 10:30 Break
* 11:00 **SESSION 2**

Reflection and Discussion

* 12:30 Lunch
* 1:00 Free Time
* 3:30 **SESSION 3**

Reflection and Discussion

* 6:30 Dinner
* 8:00 Evening Prayer
* 9:00 Campfire and Evening Activities
* 11:00 **Silence Begins**

**SUNDAY**

* 7:00 **Silence Ends**
* 8:00 Morning Prayer
* 8:15 Breakfast:
* 9:00 **Session 4 (Or Stations of the Cross or other activity)**
* Reflection/Discussion (Sharing on retreat experience)
* 10:15 Pack and clean up
* 11:30 Closing prayer: 
* Noon Depart

\*\*If Mass is available, this is ideal to work into the schedule for Sunday

**MEAL ASSIGNMENTS:**

* Friday Dinner:
* Saturday Breakfast:
* Saturday Lunch:
* Saturday Dinner:
* Sunday Breakfast:
* Snacks: Everyone brings a snack to share.
* Drinks: Everyone brings beverages of choice.

**PRAYER ASSIGNMENTS:**

* Friday Evening:
* Saturday Morning:
* Saturday Evening:
* Sunday Morning
* Sunday Closing: