



Teams of Our Lady

General Retreat Information

The following information and schedules are designed for a **self-guided Teams retreat** at a location of your choosing. The times provided are simply guidelines to help you stay on track and ensure all sessions and activities are covered; they are flexible and can be adapted to meet your team's particular needs. As you prepare, adjust the flow in a way that best supports your retreat theme and the spiritual growth of your group.

Suggested Format

Friday: Arrival & Orientation

Focus: Gather, settle in, and prepare your hearts.

- Dinner with "highs and lows" sharing
- Welcome and housekeeping notes
- Opening prayer
- Introduction to the retreat theme
- *Optional:* Hold first **retreat session**, depending on your retreat structure

Saturday: Deepening the Theme

Focus: Enter fully into the retreat experience.

- Morning
 - Retreat sessions
 - Quiet reflection and/or discussion
- Afternoon
 - Free time after lunch (recommended)
 - Additional retreat sessions
 - Optional extended silent reflection (1½–2 hours)
- Evening
 - Regather for group discussion before dinner

Saturday is the primary day for moving deeply into and developing the retreat theme.

Sunday: Celebration & Gratitude

Focus: Reflect, celebrate, and give thanks.

- Lighter, more celebratory tone
- Sharing insights and experiences
- Expressing gratitude for growing in faith together
- Discussion Options
 - Couples discuss privately
 - Large group discussion
 - Combination format (couples discuss first, then share with group)

Adapt discussion style to fit your team's needs.

What is a "retreat session?"

A presentation, talk, or other guided content (like a video) related to the theme.

Logistics

Meals

- Assign meals to couples.
- Avoid leaving the retreat location, as this can disrupt the retreat spirit.
- Remaining together fosters deeper community and minimizes outside distractions.

Prayer

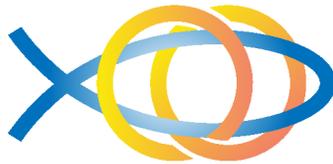
- Assign prayers to couples.
- Couples may select prayers that reflect the retreat theme and their personal prayer style.

Mass

Mass is a beautiful way to culminate the retreat weekend. Possible options:

- Attend Mass after leaving the retreat location (Sunday)
- Sunday evening Mass (if agreed upon)
- Saturday evening Mass (consider potential distractions of leaving)
- Mass at the retreat site, if a priest is present

Choose the option that best supports the retreat focus and flow.



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Sample Retreat Schedule

FRIDAY I Gather & Socialize

6 P.M.	Dinner
7:30 P.M.	Welcome/Intro/Housekeeping Evening Prayer /Activities
11 P.M.	Silence Begins

Evening Prayer is intended to prepare us and draw us into the theme of the retreat weekend. The format begins with a welcome and housekeeping notes. Consider using some humor (via a skit or video), then move into the theme through videos and/or songs, providing reflection and ending with prayer.

SATURDAY I Intentional Prayer

7 A.M.	Silence ends
8 A.M.	Breakfast
8:45 A.M.	Morning Prayer
9 A.M.	Retreat Session 1 Reflection and discussion
10:30 A.M.	Break
11 A.M.	Retreat Session 2 Reflection and discussion
12:30 P.M.	Lunch
1 P.M.	Free time
3:30 P.M.	Retreat Session 3 Reflection and discussion
6:30 P.M.	Dinner
8 P.M.	Evening Prayer
9 P.M.	Evening activities
11 P.M.	Silence begins

SUNDAY I Closing & Going Forth

7 A.M.	Silence ends
8 A.M.	Morning Prayer
8:15 A.M.	Breakfast
9 A.M.	Retreat Session 4 (Or Stations of the Cross or other activity) Reflection/discussion
10:15 A.M.	Pack and clean up
11:30 A.M.	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: _____