



CONCEPTION

Living the Benedictine Tradition

ABBAY GUEST CENTER

SAMPLE RETREAT SCHEDULE

DATE

“Title”

-Presenter-

Sessions will be in _____

Friday

5:15 PM Evening Prayer with the Monks*¹, followed by supper
7:00 PM 1st Session

Saturday

6:00 AM Vigils with the Monks (optional)
7:15 AM Morning Prayer with the Monks, followed by breakfast
9:30 AM 2nd Session
11:45 AM Eucharist with the Monks, followed by lunch.
1:00 PM Daytime Prayer with the Monks (optional)
1:15-3:00PM Free Time
3:00 PM 3rd Session
4:00 PM Opportunity for Sacrament of Reconciliation in the Basilica.
5:15 PM Evening Prayer with the Monks, followed by supper
7:15 PM Night Prayer with the Monks, Followed by social in _____

Sunday

6:20 AM Vigils with the Monks (optional)
7:45 AM Morning prayer with the Monks, followed by breakfast
9:25 AM Group Lectio Divina - meets in the vestibule of St. Gabriel with Leader
10:30 AM Eucharist with the Monks in the Basilica
11:30 AM Dinner and Departure

Coming Together for Prayer

The Community gathers together throughout the day in order to make holy the passage of time and to worship our God.

Upon rising from bed in the morning, our Community gathers in the choir area of our place of worship to pray **Vigils**. In this early morning contemplative prayer of psalms and readings, we turn to our God asking God to consecrate our entire day.

As the sun rises, we monks gather for **Morning Prayer** (Lauds). The psalms of Morning Prayer are generally psalms of praise for God's creation. As the sun rises, we are reminded of Jesus Christ's rising from the dead to lead us to victory over sin and death.

At mid-day, we gather to celebrate **Eucharist**. Eucharist is the focal point of our day. All we do and pray before leads up to Eucharist, and all we do and pray after flows from Eucharist. We gather for the nourishment of our Daily Bread both from the Table of the Word and the Table of Eucharist. Eucharist is a memorial of the great and indispensable Paschal event of our Salvation and a commitment to live as a loving Pilgrim Community of God's People.

Daytime Prayer, after lunch, is a brief prayer that enables us to pause and ask God to bless the second half of our day with God's presence.

Around the time of the setting sun, we gather for **Evening Prayer** (Vespers) to give thanks for all that has been given to us throughout this day. In this prayer, we also give praise to God for our redemption in Jesus Christ, the Evening Star.

As we close our day with **Night Prayer** (Compline), we begin by asking forgiveness for our failings during the day. The psalms of this hour help us express confidence in our Lord and ask for protection throughout the night.

* All prayers with the Monks are in the Basilica. Please sit towards the front of the nave.