

FOCUS RETREAT SCHEDULE

NOVEMBER 8–10, 2024

Friday

2:00 - 5:00 pm	Check In Social
5:15 pm	Vespers (Evening Prayer)
5:45 pm	Supper
7:00 pm	Conference 1 (Silence Begins)
8:00 pm	Travelers Mass

Saturday

6:00 am	<i>Optional: Vigils (Office of Readings)</i>
7:15 am	Lauds (Morning Prayer)
7:45 am	Breakfast
9:00 am	Conference 2
11:00 am	Confessions
11:45 am	Holy Mass
12:15 pm	Lunch
1:00 pm	<i>Optional: Daytime Prayer</i>
2:30 pm	Conference 3
5:15 pm	Vespers (Evening Prayer)
5:45 pm	Supper
7:15 pm	Compline (Night Prayer)
7:35 pm	Holy Hour w/ Benediction/Confessions

Sunday

6:20 am	<i>Optional: Vigils (Office of Readings)</i>
7:45 am	Lauds (Morning Prayer)
8:15 am	Breakfast
9:00 am	Conference 4
10:30 am	Holy Mass
11:30 am	Lunch (Silence Concludes) Depart



CONCEPTION
Living the Benedictine Tradition
ABBAY GUEST CENTER