

SAMPLE SCHEDULE—ONLINE RETREAT

This sample schedule is simply a guide. Feel free to adapt it for the needs of your group. If you are meeting on Zoom, you will need to schedule separate Zoom meetings for each online gathering.

9:00 a.m. **Gather Online (e.g., Zoom)**

Spend a bit of time enjoying fellowship together. You can share prayer requests and discuss your hopes for the day. Why are you retreating today? What do you hope to gain?

Opening Prayer

You can find an Opening Prayer for your retreat at www.aliveintheword.org/retreat. Email to everyone in advance, or share your screen as you pray together.

9:30 a.m. **Quiet Reading Time (Chapter 1)**

Retreatants can read Chapter 1 on their own, considering the reflection questions in the margins as they read. Allowing about 30 minutes gives retreatants time to read/reflect without feeling rushed.

10:00 a.m. **Small Group Discussion (Chapter 1)**

Gather online to discuss the reflection/discussion questions provided for Chapter 1. The facilitator may wish to select certain questions to focus the discussion.

10:30 a.m. **Quiet Reading Time (Chapter 2)**

Retreatants can read Chapter 2 on their own, considering the reflection questions in the margins as they read. Allowing about 30 minutes gives retreatants time to read/reflect without feeling rushed.

11:00 a.m. **Small Group Discussion (Chapter 2)**

Gather online to discuss the reflection/discussion questions provided for Chapter 2. The facilitator may wish to select certain questions to focus the discussion.

11:30 a.m. **Break and Lunch**

Retreatants can enjoy lunch and any other relaxing activity such as a walk or some quiet time.

12:30 p.m. **Quiet Reading Time (Chapter 3)**

Retreatants can read Chapter 3 on their own, considering the reflection questions in the margins as they read. Allowing about 30 minutes gives retreatants time to read/reflect without feeling rushed.

1:00 p.m. **Small Group Discussion (Chapter 3)**

Gather online to discuss the reflection/discussion questions provided for Chapter 3. The facilitator may wish to select certain questions to focus the discussion.

Retreatants can also share their experiences and insights from the day.

See tips at www.aliveintheword.org/retreat for sample questions to get the conversation started.

Closing Prayer

You can find a Closing Prayer for your Lent retreat at www.aliveintheword.org/retreat. This can be emailed to participants in advance, or share your screen as you pray together.

NOTE: *If you are using a free Zoom account, you will only have 45 minutes per session. If you do not think this will be enough time for this last gathering, you can schedule a separate meeting for Closing Prayer.*