**Sample Retreat Outlines**

Sample One Day Retreat Outline (6 hours)
- 10:00 am  
  Arrival and Welcome / Opening Prayer
- 10:15 am  
  Community Building Activity(s)
- 10:45 am  
  Topic #1  
  - Praise and worship
  - Talk / Faith Witness
  - Small group Discussion
- 12:30 pm  
  Lunch and Games
- 1:30 pm  
  Topic #2
- 3:30 pm  
  Closing Prayer / Snack and Social Time
- 4:00 pm  
  Departure

Sample One Day Retreat (10 Hours)
- 9:00 am  
  Arrival and Welcome / Opening Prayer
- 9:15 am  
  Community Building Activity(s)
- 10:00 am  
  Topic #1  
  - Praise and worship
  - Talk / Faith Witness
  - Small group Discussion
- 12:00 pm  
  Lunch and Recreation
- 1:00 pm  
  Topic #2
- 3:00 pm  
  Break (Snacks, Games, Etc.)
- 3:45 pm  
  Topic #3
- 5:45 pm  
  Dinner
- 6:30 pm  
  Wrap-up / Closing Prayer
- 7:00 pm  
  Departure

Sample Lock-in Retreat
- 7:00 pm  
  Arrival and Getting Settled In
- 7:30 pm  
  Welcome and Introductions / Opening Prayer
- 8:00 pm  
  Community Building Activity(s)
- 8:45 pm  
  Break
- 9:00 pm  
  Topic #1 (see above examples)
- 11:00 pm  
  Food and games or recreation and video
- 1:00 am  
  Topic #2
- 3:00 am  
  Games and Break Time
- 3:30 am  
  Topic #3
- 5:30 am  
  Breakfast
- 6:15 am  
  Clean-Up
- 6:45 am  
  Eucharist Prayer Service
- 8:00 am  
  Closing and Departure
### Sample Overnight Retreat

#### Evening
- 6:30 pm  Arrival and Unpack
- 7:00 pm  Welcome and Introductions
- 7:15 pm  Community building Activity(s)
- 8:00 pm  Break
- 8:15 pm  Topic #1
  - Praise and worship
  - Talk / Faith Witness
  - Small group Discussion
- 10:15 pm Break
- 10:30 pm Evening Prayer Service
- 11:00 pm Snacks and Games
- 11:30 am Lights Out

#### Morning
- 7:30 am  Wake-up Call
- 8:00 am  Morning Prayer
- 9:00 am  Breakfast
- 10:00 am Topic #2
- 12:00 pm Lunch and Recreation
- 1:30 pm  Topic #3
- 3:30 pm  Break (Snacks and Games)
- 4:00 pm  Topic #4
- 6:00 pm  Dinner
- 6:45 pm  Closing Prayer Or Eucharist
- 8:00 pm  Departure

### Sample Weekend Retreat

#### Friday
- 6:30 pm  Arrival and Unpack
- 7:00 pm  Welcome and Introductions
- 7:15 pm  Community building Activity(s)
- 8:00 pm  Break
- 8:15 pm  Topic #1
  - Praise and worship
  - Talk / Faith Witness
  - Small group Discussion
- 10:15 pm Break
- 10:30 pm Evening Prayer Service
- 11:00 pm Snacks and Games
- 11:30 am Lights Out

#### Saturday
- 7:30 am  Wake-up Call
- 8:00 am  Morning Prayer
- 9:00 am  Breakfast
- 10:00 am Topic #2
- 12:00 pm Lunch and Recreation
- 2:30 pm  Topic #3
- 4:30 pm  Break and Free Time
- 5:30 pm  Dinner
- 6:30 pm  Topic #4
- 8:30 pm  Eucharistic Adoration
- 10:00 pm Snacks and Games
- 11:30 am Lights Out

#### Sunday
- 7:30 am  Wake-up Call
- 8:00 am  Morning Prayer
- 9:00 am  Breakfast
- 10:00 am Topic #5
- 12:00 pm Lunch
- 12:30 pm  Preparation for Mass
- 1:30 pm  Topic #6
- 3:00 pm  Mass
- 4:00 pm  Pack-up and Depart