

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
- 8:15pm 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
- 8:15pm 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

Sunday

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

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 pm Lights Out