

## Sample Young Adult Eucharistic Retreat Schedule

### FRIDAY

<i>Time</i>	<i>Activity</i>
5:30 p.m.	Registration Begins
6:00–6:15 p.m.	Retreat Coordinator: Welcome, introduce theme and patron saint, opening prayer, introduce team
6:15–7:00 p.m.	Large group icebreaker
7:00–7:30 p.m.	Small group introductions, explain Saint of the weekend, have each participant say what they would like to gain from the weekend
7:30–8:15 p.m.	Talk 1 Topic (by team member): Introduce retreat theme, Encountering Christ
8:15–8:45 p.m.	Small Group Time — Discuss Talk 1 <ul style="list-style-type: none"> <li>• Why did you decide to come on this retreat? What are you hoping to gain?</li> <li>• What did you connect with from the talk?</li> <li>• How do you connect with Christ?</li> <li>• What is difficult about keeping a strong relationship with Christ?</li> </ul>
9:00–9:30 p.m.	Mass
9:30 p.m.	Exposition of the Blessed Sacrament (have people sign up for shifts during the night)

### SATURDAY

<i>Time</i>	<i>Activity</i>
6:30 a.m. – Team 7:00 a.m. – Participants	Wake Up Call! Rise & Shine!
7:30–8:00 a.m.	Reposition/Morning Prayer
8:00–8:30 a.m.	Breakfast
8:45–9:15 a.m.	Talk 2 Topic: Take Up your Cross and Follow Christ, Experiencing Conversion
9:15–10:00 a.m.	Small Group Time – Discuss Talk 2 <ul style="list-style-type: none"> <li>• TK</li> </ul>

10:00–10:30 a.m.	Mass
10:40–11:30 a.m.	Talk 3 Topic: Vocations (half from married person, half from Priest)
11:30–11:55 a.m.	Small Group Time — Discuss Talk 3 <ul style="list-style-type: none"> <li>• What did you connect with from the talk?</li> <li>• Have you felt called to a specific vocation?</li> <li>• How are you actively discerning?</li> <li>• What makes discernment difficult?</li> </ul>
12:00–12:30 p.m.	Lunch
12:30–2:00 p.m.	Free time <i>1:30–2:00 Walking Rosary offered outside</i> <i>12:30–2:00 Outdoor Sports</i> <i>Sports Coordinator (_____)</i>
2:15–2:45 p.m.	Talk 4 Topic: The Healing Power of God, Confession
2:45–3:15 p.m.	Small Group Time — Discuss Talk 4 <ul style="list-style-type: none"> <li>• What stood out to you in this talk?</li> <li>• How have you experienced God’s healing in your life?</li> <li>• Are there areas that you still feel need God’s healing?</li> </ul>
3:15–3:30 p.m.	Team member gives explanation of Divine Mercy/ Divine Mercy Chaplet
3:30–4:30 p.m.	<i>Sing Divine Mercy Chaplet, led by music team</i>
5:00–5:30 p.m.	Dinner
5:45–6:15 p.m.	Prepare for Reconciliation – team member leads an examination of conscience
6:15–6:30 p.m.	Go over logistics for Confession/ Healing Adoration (Retreat Coordinator)
6:30–9:30 p.m.	Procession & Healing Adoration Service — Music, prayer teams, Reconciliation
9:30 p.m.	Reposition
9:30pm–???	Free time — board games, put out snacks

## SUNDAY

<b>Time</b>	<b>Activity</b>
6:30 a.m. – Team 7:00 a.m. – Participants	Wake Up Call! Rise & Shine!
7:30–8:00 a.m.	Liturgy of the hours – Morning Prayer
8:00–8:30 a.m.	Breakfast
8:30–9:00 a.m.	Have participants pack up their stuff, clean their rooms, etc.
9:00–10:00 a.m.	Praise and Worship Adoration – Music Team
10:15–11:15 a.m.	Closing Mass
11:30 a.m.–12:00 p.m.	Talk 5 Topic: Community, evangelization, sending forth  Discussion: <ul style="list-style-type: none"><li>• What did you connect with from the talk?</li><li>• What will you take home with you from this retreat?</li><li>• How have you encountered Christ this weekend?</li></ul>