

Online Retreat Day Schedule (Toronto Time)

10:45 Gathering

11:00 Introductions (share how long meditating, whether in a group) Outline of the day

11:15 Meditation

11:45 Brief break

11:50 Video

12:15 Breakout rooms (each group decides when to end)

Personal time and lunch

2:00 Meditation

2:30 Video

3:00 Breakout rooms (each group decides when to end)

Personal time

4:00 Gathering for questions, discussion, sharing of the day, future plans

4:30 Closing Prayer

Possible questions for discussion after viewing the video

Part 1

1. What stood out for you in the video?
2. How does 'showing up' and being present' manifest for you in prayer?
3. What is the importance of intentionality in prayer?

Part 2

1. What stood out for you in the video?
2. How have you managed to reduce distractions during meditation?
3. Has group meditation been important to support your practice?