

**2023 – 2024 Two-Night/Three-Weekday Retreat Schedule**  
**“Prayer: A Cornerstone of Our Faith”**

**MONDAY**

4:00 PM Registration upon Arrival (Rooms not available until 4:00 PM)  
5:45 PM Wine and Cheese (St. Thomas Aquinas Room)  
6:05 PM Welcome and Orientation  
6:30 PM Supper  
7:45 PM Mass (Retreat Center Chapel)  
Night Prayer (Retreat Center Chapel)

**TUESDAY**

7:00 AM Lauds in Abbey Church (optional)  
7:20 AM Rising Bell  
7:50 AM Morning Prayer (Retreat Center Chapel)  
8:00 AM Breakfast  
9:00 AM Conference (St Thomas Aquinas Room)  
9:45 AM Sacrament of Reconciliation  
10:30 AM Rosary (Retreat Center Chapel)  
11:15 AM Mass (Abbey Church)  
12:00 PM Lunch  
1:00 PM Free Time or Spiritual Direction (see sign-up sheet @ check-in)  
4:00 PM Conference (St. Thomas Aquinas Room)  
5:30 PM Vespers in Abbey Church (optional)  
6:15 PM Supper  
7:15 PM Conference (St. Thomas Aquinas Room)  
8:00 PM Eucharistic Adoration (Retreat Center Chapel)

**WEDNESDAY**

6:30 AM Lauds in Abbey Church (optional)  
7:20 AM Rising Bell  
7:50 AM Morning Prayer (Retreat Center Chapel)  
8:00 AM Breakfast  
9:00 AM Conference (St. Thomas Aquinas Room)  
9:45 AM Renewal of Baptismal Promises  
9:50 AM Closing Reflection and Thank You  
10:00 AM Rosary (Retreat Center Chapel)  
11:00 AM Mass (Abbey Church)  
12:15 PM Lunch  
Departure

**SILENCE IS OBSERVED IN AND AROUND THE RETREAT HOUSE FROM AFTER  
MASS ON FRIDAY NIGHT UNTIL AFTER MASS ON SUNDAY. PLEASE RESPECT  
THE SILENCE.**