

Schedule for YA Sabbath Retreat

Thursday

TBD Planning Team set up stations and worship area

Friday

Morning Continue Set up

Noon LUNCH ON YOUR OWN

2:00-4:00 Registration/Welcome packet pick up

3:00 – 5:00 Snack Break

4:00 Opening Worship (see accompanying worship booklet)
Time for prayer and reflection (see handout)

5:30-6:30 Dinner

7:00 Welcome & Introductions, Housekeeping

Opening Session
Introduction to Sabbath & Sabbath Retreat

8:45-9:00 Service of evening prayer (from worship booklet)

Saturday

8:00-8:30 am Service of morning prayer (from worship booklet)

7:00-9:00 Breakfast

9:00-10:00 Introduce 4 themes – Be In Worship, Play, Relationship and Silence

9:30-10:30 Snack Break

10:00-noon Theme Time
Optional: Opportunity to meet with a spiritual director

NOON-1:00 Lunch

1:30 Theme Time
Optional: Opportunity to meet with a spiritual director

2:00-3:00 Snack Break

- 3:00-5:00 Continued Theme Time
Optional: Opportunity to meet with a spiritual director
- 5:00 Large Group Discussion (see handout)
- 5:30-6:30 Dinner**
- 7:15 Corporate Sabbath Time – this can be a time for the entire group to practice a corporate spiritual practice/discipline (ie Lectio Divina, Praying the Psalms, etc). This could be led by the spiritual director or someone from the planning team
- 8:45-9:00 Service of evening prayer (see worship booklet)

Sunday

- 7:30 am Silent Meditation
- 7:30-8:30 Breakfast**
- 9:00 Wrap Up Time/Logistics
Prayer and reflection on integrating Sabbath time into our lives
- 9:30-10:30 Snack Break**
- 10:30 Closing Worship, prayer and blessing (see worship booklet)
- 11:00-Noon Lunch**
Depart at your leisure