

## Schedule for YA Sabbath Retreat

### Friday

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

**3:00 – 5:00 Snack Break**

4:00 Opening Worship  
Time for prayer and reflection

**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

### Saturday

8:00-8:30 Service of Morning prayer

**7:00-9:00 am Breakfast**

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

**9:30-10:30 Snack Break**

10:00-12 noon Theme Time  
Optional: Opportunity to meet with a spiritual director

**12:00-1:00 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

**5:30-6:30 Dinner**

7:15 Corporate Sabbath Time

8:45-9:00 Service of evening prayer

**Sunday**

7:30 am Silent Meditation

**7:30-8:30am Breakfast**

9:00 am 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

**11:00-12:00 Lunch**

Depart at your leisure