

**Summer Retreat Day**

***SCHEDULE***

**0945** – Zoom room open for people to join and say hello with their tea/coffee

**1000** – Begin the day with short introduction and Stilling Meditation

**1030** – First retreat activity with time for individual prayer away from the PC

**1130** – Into breakout rooms for group discussion

**1200** – Prayer before lunch

**1245** – Resume with second retreat activity

**1345** – Into breakout rooms for group discussion

**1415** – Plenary and feedback

**1430** – Daily Prayer (short version)

Sat 10th July 2021

10am to 3pm

Online via Zoom