

**Notre Dame Retreat House, Canandaigua, New York
The Men's and Women's Retreat Schedule for 2010**

***“Spirituality: Talkin the Talk
And
Walkin the Walk”***

Friday:

7:00-8:25 PM Registration (Front Desk)
8:30 Opening of the Retreat (Lounge)
Introduction of the Theme
Night Prayer (Chapel)

Saturday:

7:00-7:15 AM Rise and Shine!
7:45 Morning Prayer (Chapel)
8:00 Breakfast
9:30 Conference : *“What is Spirituality”*
10:15 Coffee Break
11:00 Conference : *“History of Catholic Spirituality”*
12:00 PM Lunch

12:30 – 3:00 PM Bookstore
1:00 - 1:30 PM **Leader's Meeting in the Lounge**
2:00 - 3:00 PM Sacrament of Reconciliation
3:00 PM Stations of the Cross in the Chapel (weather permitting, outside)

**** After stations, if you wish to talk further with sister or one of the priests, please make an appointment directly with one of them.**

5:00 Conference : *“Designing a program for my spiritual growth”*
6:00 Supper

7:00 Rosary in Chapel
7:30 PM Celebration of the Eucharist
8:45 PM Optional Round Table Discussion (Lounge)

Exposition (All night)

Sunday:

7:00-7:15 AM Rise and Shine!
7:45 Benediction
8:00 Breakfast
PUT YOUR LINENS OUTSIDE YOUR ROOM
9:30 AM Conference : *“How Life's experiences help us to grow Spiritually”*
10:45 Celebration of the Eucharist
After Liturgy Coffee and Donuts