

2018 MEN'S SILENT RETREAT : “Deliver us from the evil one”

June 1,2,3 Nazareth Retreat Center; Boise, Idaho

Retreat master: Rev. Roger LaChance

FRIDAY

530 PM –Registration/check in begins (snacks available)

7 PM--(conference room)- Introductions of Fr. LaChance, facilitators ,attendees, further information on retreat and any changes in schedule. Silence begins followed by **Meditation 1 (conference room, ~45 minutes)**.

Approximately: 8 PM Holy Mass with Friday Evensong (Vespers) after Mass, followed by Private prayer, meditation, spiritual reading on your own and Reconciliation for the rest of evening.

Note: **Reconciliation available after Vespers**

SATURDAY

SATURDAY 7 AM-- Rise

730 AM--morning prayer (Lauds) in chapel

8 AM-- Breakfast (**IN SILENCE**)

9 AM--**Meditation 2 (~45minutes conference room)**

10 AM-- **Private meditation or Reconciliation until 1045AM**

11 AM -- MASS

12 PM-- Angelus , lunch in cafeteria (**IN SILENCE**)

1PM- 6PM -- Optional Exercises:

1PM Stations of the Cross outside (optional), (approx 30-45 minutes)

3PM Divine Mercy Chaplet (optional) spoken(10-15 minutes)

5:00 PM Rosary in chapel or outside (30 minutes) followed by Vespers?

6 PM-- Dinner (Silence)

7 PM -- **Meditation 3 (~ 45minutes in conference room)**

8 PM-- Exposition of Blessed Sacrament all night in chapel, Please use sign up sheet.

830PM --Adoration combined with Healing prayer by Sacred Heart Prayer Warriors (845PM-945PM) Adoration until 730 AM Sunday ...Reposing of Blessed Sacrament.

SUNDAY

7 AM-- rise

730 AM-- Benediction, Reposing of Blessed Sacrament and Morning Lauds (chapel)

8 AM Breakfast (**SILENCE ENDS**)

845AM **Meditation 4 (~45 minutes)**

930AM- Cabin clean up, pack

10 AM-- Mass.

11AM -- Post retreat visit with Fr. LaChance, Departure Blessing

Note: Silence during the retreat is of the essence. Please, no visiting except for a bonafide reason. We ask that those who may not be staying at the retreat center to maintain their silence with no TV,radio or phone use and to give this time to the Lord.