

Retreat Schedule: 9:00 AM – 3:00 PM

Time	Activity	Details
9:00 AM – 9:15 AM	Arrival & Gathering	Check-in, grab coffee, and find seats.
9:15 AM – 9:40 AM	Welcome Video	Use Bishop Dolan Video or Bishop’s Homily as opening video, setting the frame for the day (25 mins).
9:40 AM – 10:25 AM	Talk 1 (Video)	First presentation video “Practicing Self-Care” on healing & hope website (45 mins).
10:25 AM – 10:45 AM	Small Group Discussion 1	Unpack and reflect on Talk 1 (20 mins).
10:45 AM – 10:55 AM	Break	Short stretch and bio break (10 mins).
10:55 AM – 11:40 AM	Talk 2 (Video)	Second presentation video “Accompanying Hearts and Minds” on healing & hope website (45 mins).
11:40 AM – 12:00 PM	Small Group Discussion 2	Unpack and reflect on Talk 2 (20 mins).
12:00 PM – 12:40 PM	Lunch Break	40-minute meal and fellowship break.
12:40 PM – 1:25 PM	Talk 3 (Video)	Third presentation video “Practicing Self-Care” on healing & hope website (45 mins).
1:25 PM – 1:45 PM	Small Group Discussion 3	Unpack Talk 3 & outline action steps (20 mins).
1:45 PM – 2:30 PM	Large Group Sharing	Group reps share key insights & next steps (45 mins).
2:30 PM – 3:00 PM	Wrap-Up & Closing	30-minute expanded session for closing remarks, evaluations, commitment cards, or final prayer.