**ST GABRIEL RETREAT – TALK PLAN**

**Introductory talk** – in addition to what is below, on the first night an Introductory Talk is given explaining how the retreat will run, the timetable, the aims and objectives, how to get the most from the retreat, the great benefit of Confession etc., cf., Preliminary Considerations.

The plan below is a guide and can be put it into practice with flexibility according to the specific circumstances of the participants who attend. Please refer to the new St Gabriel Retreat Program which we started to follow in 2022.

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| **Talk topic** | **Retreat, 2 days** | | | | **Retreat, 3 days** | | | |
|  | 2022 | 2023 | 2024 | 2025 | 2022 | 2023 | 2024 | 2025 |
| Sincerity, confession and spiritual direction | x | x | x | x | x | x | x | x |
| Plan of life | x |  |  |  | x |  |  |  |
| A life of prayer |  | x |  |  |  | x |  |  |
| The sacrament of marriage, a vocational path |  |  | x |  |  |  | x |  |
| Transformation of the world |  |  |  |  |  | x |  |  |
| Sanctify work |  |  |  | x |  |  |  | x |
| Living as children of God |  |  |  |  |  |  |  | x |
| Freedom |  |  |  |  |  |  |  |  |
| Character and personality |  |  |  |  |  |  |  |  |
| The beauty of chastity |  |  |  |  |  |  |  |  |
| Responsible use of material goods. |  |  |  |  |  |  |  |  |
| Choosing a Christian lifestyle |  |  |  |  |  |  | x |  |
| Friendship and apostolate |  |  |  |  | x |  |  |  |
| Unity of life |  |  |  |  |  |  |  |  |
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