

WANDANA RETREAT TIMETABLE

LIVE IN & LIVE OUT

1

FIRST DAY

- 8.00 Arrive
 - 9.00 Personal prayer
 - 9.30 Commentary of the Gospel
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2

FULL DAY

- 6.45 Rise
 - 7.30 Breakfast
 - 8.00 Clean up
 - 8.30 Personal prayer
 - 9.00 Meditation
 - 9.30 Mass
 - 11.00 Meditation
 - 12.15 Talk
 - 12.55 Visit to the Blessed Sacrament
 - 1.00 Lunch
 - 2.00 The Way of the Cross
 - 3.00 Afternoon tea
 - 3.30 Meditation with Exposition of the Blessed Sacrament
 - 4.00 Personal prayer & Eucharist Adoration
 - 5.00 Meditation
 - 5.30 Benediction
 - 6.30 Dinner
 - 7.30 Rosary
 - 9.00 Commentary of the Gospel
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3

LAST DAY

- 6.45 Rise
- 7.30 Breakfast
- 8.00 Clean up
- 8.30 Personal prayer
- 9.00 Meditation
- 9.30 Mass
- 11.00 Meditation
- 12.15 Talk
- 12.55 Visit to the Blessed Sacrament
- 1.00 Lunch
- 2.00 Rosary
- 2.45 Meditation
- 3.15 Benediction
- 3.30 Afternoon tea
- 4.00 Close

**Suggestions for in your own time:
Examination of Conscience (provided) and Spiritual Reading**

The priest will be available for confessions, spiritual direction or simply to talk to at the following times:

Full days:

10.15 – 11.00 am

3.00- 4.00 pm

5.00 – 6.15 pm

Last day:

10.15 – 11.00 midday

2.00 – 2.45 pm