

# Retreat Timetable

## Friday

9 30 pm	Small introductory talk
10 00 pm	Introductions after which some may be feeling sleepy: please care for quiet!

## Saturday

8 30 am	Breakfast
9 30 am	Mass in the Chapel
10 30 am	Talk
11 00 am	Quiet reflection
12 noon	Small Group Discussion
1 00 pm	Lunch
2 15 pm	Free time Pray for clement weather. The centre of Whitby is about 25 minutes away. You can cross the harbour bridge, turn immediately left, and climb up to the Abbey: or stay on this side of the bridge and turn left to visit the Lighthouse. If there is a heavy sea this can be very impressive.
5 00 pm	Talk
6 00 pm	Dinner
7 30 pm	Taize Service

## Sunday

8 30 am	Breakfast
9 30 am	Talk
10 15 am	Discussion
11 15 am	Mass in the Chapel
1 00 pm	Lunch

We think that a 2 30 departure for home will mean most of the journey is in the light – less exhausting, and unless it is absolutely pouring with rain the North York Moors look tremendous.