

## SAMPLE QUIET DAY PROGRAMME

9:30 – 10:00	Arrivals, tea and coffee
10:00	Introductions; shape of the day, tour of the ship
10:30	Morning Prayer in the Snug (silence begins)
10:45 – 12:45	Silence and Reflection Resources (ship) and Labyrinth (back field) available
12:45	Midday Prayer in the Snug
1pm	Light Lunch in the Saloon
1:45pm – 3:45pm	Silence and Reflection Resources (ship) and Labyrinth (back field) available
3:45pm	Afternoon tea and sharing of responses to the day
4pm	Departures

The Leaders are available throughout the day to offer assistance and a short time of listening.