

Sample Retreat Programme

Day 1	Monday	Where?
from 5pm	Arrive, settle into cabins, tour of ship	
6pm	Dinner	Saloon
7pm	Welcome and Introductory Talk	Dayroom
8.45pm	Night Prayer	Snug
9pm	silence begins	

Day 2	Tuesday	Where?
8.15am	Morning Prayer	Snug
8.30am	Breakfast	Saloon
10 – 11am	Guided Pilgrimage Walk	Coastpath and Woods
Morning	Time of reflection (safe space offered)	
12.45pm	Midday Prayer	Snug
1pm	Light Lunch	Saloon
Afternoon	Time of reflection (safe space offered)	
5.45pm	Evening Prayer	Snug
6pm	Dinner	Saloon
7pm	Night Walk	Coastpath
8.45pm	Night Prayer	Snug

Day 3	Wednesday	Where?
8.15am	Morning Prayer	Snug
8.30am	Breakfast	Saloon
10 - 11	potential boat trip	Bosham Channel
Morning	Time of Reflection (safe space offered)	
12.45pm	Midday Prayer	Snug
1pm	Light Lunch	Saloon
Afternoon	Time of reflection (safe space offered)	
5.45pm	Evening Prayer	Snug
6pm	Dinner	Saloon
7pm	Bonfire and lighted labyrinth walk	Back Field
8.45pm	Night Prayer	Snug

Day 4	Thursday	Where?
8.15am	Morning Prayer	Snug
8.30am	Breakfast	Saloon
Morning	Time of reflection	
12.45pm	Midday Prayer	Snug
1pm	Sharing of Bread and Wine	Saloon
1.15pm	Roast Lunch (silence ends)	Saloon
2.30pm	Final Thoughts	Dayroom
3pm	Depart	