



The Academy for spiritual formation®

SPIRITUAL FORMATION IN TODAY'S WORLD:
A ONE-YEAR ONLINE OFFERING FROM THE ACADEMY FOR SPIRITUAL FORMATION

-DAILY SCHEDULE-

(All times are listed in Central Time. Adjust accordingly for your location.)

Thursday and Friday

9 am	Morning Prayer
9:30	Interactive Faculty Presentation
10:30	Silence for Reflection
11:30	Plenary Group Sharing
12:00	Community Time + Midday Prayer
12:30 pm	Lunch + Free Time (optional body movement practice available)
2:00	Interactive Faculty Presentation
3:00	Silence for Reflection
4:00	Plenary Group Sharing
4:30	Break
4:45	Evening Prayer with Eucharist
5:30	Dinner + Free Time
7:00	Covenant Groups

8:00 Night Prayer

8:15 Great Silence

Saturday

9 am Morning Prayer

9:30 Interactive Faculty Presentation

10:30 Silence for Reflection

11:30 Closing Covenant Group Time

12:30 Closing Eucharist

1:15 Depart in Peace/Goodbyes