



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 | Midday Prayer + Community Time |
| 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 | Evening Prayer with Eucharist |
| 5:15 | BREAK |
| 6:00 | Covenant Group |
| 7:00 | Night Prayer |
| 9:00 (local time) | 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 | Break |
| 12:45 | Closing Eucharist |
| 1:30 | Depart in Peace/Goodbyes |