



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 with faculty
12:00	Midday Prayer + Community Time
12:30 pm	Lunch + Personal Retreat Time Rest, Recreation, Reflection, and Spiritual Practice
4:30	Covenant Groups
5:30	BREAK
5:45	Evening Prayer with Eucharist
6:30	Sign off for the day
9:00 (local time)	Night Prayer (recorded or printed - do on own any time before bed)

Saturday

9 am	Morning Prayer
9:30	Interactive Faculty Presentation
10:30	Silence for Reflection
11:00	Plenary Group Sharing with faculty
11:30	Closing Covenant Group Time
12:30	Break
12:45	Closing Eucharist
1:30	Depart in Peace/Goodbyes

