

# Subtle Seasons: Autumn

## *Retreat Schedule*

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Friday, November 8

- 1:30:** Optional solo time for reflection and solitude
  - 4:30:** Arrival and settling in
  - 6:00:** Welcome dinner (provided)
  - 7:30:** Opening guided prayer practices
  - 8:30:** Solo time and rest, or gathered time for social connection
  - 10:00:** Quiet hours begin
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Saturday, November 9

- 8:30:** Breakfast (provided)
- 9:30:** Guided prayer practices
- 10:30:** Solo time for reflection
- 12:00:** Lunch (provided)
- 1:30:** Guided prayerful nature walk
- 2:30:** Solo time for reflection and solitude
- 3:30:** Optional gathering to pray
- 4:30:** Closing guided prayer practices and group examen