
Preliminary Schedule

1st August

- 1:00pm - Arrive in Assisi by 1 o'clock. Settle in to accommodation.
- 1:30-2:30pm: Lunch & Welcome
- 2:30-3:15: Walking Tour of Assisi
- 3:30-5:00pm Tour of the Basilica of St. Francis
- 5:00-6:00pm Meditate in the Crypt of St. Francis
- 7:00pm Dinner in Assisi
- 9:00-10:00pm Meditate

2nd August

- 7:00-8:00am Meditation in the Crypt of St. Francis
- 8:00-9:30am Breakfast
- 10:00-11:00am Visit the Basilica of St. Clare & her Crypt
- 11:00am-12:30pm Free Time (or additional tour)
- 12:30-2:00pm Lunch
- 2:30-4:00pm Tour of San Damiano
- 4:00-5:00pm Meditation at San Damiano
- 5:30-7:00 Visit to the Porziuncola, in Santa Maria degli Angeli
- 7:30pm Dinner in Assisi
- 9:00-10:00 Meditate

3rd August

- 7:00-8:00am Meditation at St. Francis or San Damiano
- 8:00-9:30am Breakfast & Packing
- 10:00am-11:30am Tour of Eremo delle Carceri (the Hermitage)
- 11:30am-12:30pm Meditation in the Forest
- 1:00-2:30pm Lunch
- 2:30pm Travel to Casa della Pace
- 6:30pm Dinner
- 8:00pm Introduction to the Retreat & Meditation Together (beginning of silence)

4nd – 10th August

The daily retreat schedule will basically follow this plan. The sessions marked with * (an asterisk) are expected of all retreat participants. The remaining sessions are optional. The retreat is held in silence—silence is maintained at meals, in rooms, and on walks.

In addition to movement and walks together in the surrounding countryside, we will be engaging in four forms of spiritual practice: meditation, reading sacred texts, Lectio Divina (a form of reading and shared contemplation), and *emergent dialogue*.

- *6:00-6:45am Conscious Movement
- *7:00-8:00am Meditation
- 8:00-8:45am BREAKFAST

- *9:00-10:00am Reading & Meditation
- 10:15-11:15am Meditation
- 11:30am-12:30pm Reading & Meditation
- 12:30-1:30pm LUNCH

- *1:45-2:45pm Walk in the Umbrian Hills
- *3:00-4:00pm Reading & Meditation
- 4:15-5:15pm Meditation
- *5:30-6:30pm Reading & Meditation, Lectio Divina, or emergent dialogue
- 7:00-8:00pm DINNER

- *9:00-10:00pm Meditation
- 10:15-11:15pm Meditation
- 11:30pm-12:30am Meditation

11th August

- *6:00-6:45am Movement
- *7:00-8:00am Meditation
- 8:00-8:45am BREAKFAST

- *9:00-10:00am Meditation
- *10:15-11:15am Closing Dialogue
- 12:30pm FINAL LUNCH