

HOME RETREAT – PSALM 103 (104) A REFLECTION PRIOR TO LAUDATO SI

Suggested Timetable (But do make your own)

- 11.00 Reflection on the Psalm
- 11.30 Watch the Power Point Presentation.
- 11.45 Coffee break
- 12.00 – 13.00 Try to Reflect on the Psalm yourself (What thoughts/images does it evoke?)
- 13.00 – 14.00 Lunch break
- 14.00 – 16.00 Siesta/Leisure/Gardening
- 16.00 Tea break
- 16.15 – 18.00 Try to read Laudato Si : Intro + Ch1 & Ch 2
- 18.00 Vespers Live stream from the Abbey
- 18.30 Supper break
- 20.15 Compline Live stream from the Abbey