

PROPOSED TIMETABLE FOR THE DAY

- 11.00 A Run through Laudato Si – Retreat Talk
- 11.15 Coffee break
- 11.30 Pray the Canticle of St Francis – Then read through or listen to the Talk again.
- 12.00 Look at the Laudato Si Platform Action Plans:
Take a piece of paper or a note-pad and put two Columns ‘What I am already Doing.’ And ‘What I could Do this year.’
Try to make the proposals realistic.
- 13.00 Lunch break
- 14.00 Sleep/Garden/Sit Quietly with a view of something natural.
Really look deeply.
- 15.00 Watch one of the Perfect Planet series
<https://www.bbc.co.uk/iplayer/episode/p08xc2v8/a-perfect-planet-series-1-1-volcano>
- 16.00 Tea Break
- 16.30-18.00 Write a reflection, a poem, an essay on EITHER: Your observation of a natural scene earlier. OR Your response to THE PERFECT PLANET video.
- 18.00 Vespers from The Abbey (live streamed)
- 19.00 Supper break
- 20.15 Vigils (Matins of Sunday) (live streamed)