

Murray Hill Conference Center

Retreat Schedule

Thursday

9:00 p.m. Arrival, registration, snack
(Living room)¹
9:30 Announcements,
(Living room)
9:45 Meditation, Brief
examination of conscience
(Oratory)
10:20 Retire

Friday²

8:30 a.m. Confessions available
(Oratory vestibule)
8:45 Meditation (Oratory)
9:20 Breakfast (6th Floor)
10:15 Introductory talk
10:45 Confessions available
11:15 Spiritual reading
11:45 Meditation, *Angelus*
12:15 p.m. Holy Mass
1:15 Lunch
2:00 Examination of conscience
3:00 Stations of the Cross
4:00 Holy Rosary
5:15 Meditation
6:15 Dinner, Visit to the Bl. Sacr.
7:00 Talk
7:45 Confessions available
8:15 Meditation, Benediction
9:40 Brief examination of
conscience
9:45 Snack available (17th Floor)
10:00 Retire

Saturday²

7:55 a.m. Confessions available
8:10 Meditation
8:45 Breakfast
9:30 Examination of conscience
10:15 Talk
10:45 Confessions available
11:15 Spiritual reading
11:45 Meditation, *Angelus*
12:15 p.m. Holy Mass
1:15 Lunch
2:00 Examination of conscience
3:00 Exposition of the Blessed
Sacrament, Meditation
4:15 Benediction
5:30 Holy Rosary
6:15 Dinner, Visit to the Bl. Sacr.
7:45 Confessions available
8:15 Meditation
9:40 Brief examination of
conscience
9:45 Snack available (17th Floor)
10:00 Retire

Sunday²

7:55 a.m. Confessions available
8:10 Meditation
8:45 Breakfast
9:30 Talk
10:30 Holy Mass
11:30 Depart

¹ All activities are on the 16th floor unless otherwise noted. Meals are on the 6th floor.

² Coffee is available on the 6th floor for early risers.