

# How to Prepare for a Virtual Retreat

Once registered, prepare to eliminate distractions and create a space during your retreat.

## Immediately after booking your retreat

- Schedule time on your calendar
- Arrange childcare if applicable
- Test your computer, tablet or mobile device - join a [test meeting to test your software and familiarize yourself with Zoom](#) (you will be prompted to download and install Zoom).
- Use good quality headphones

## Preparations for your retreat

- Choose a comfortable space: an outdoor patio, a comfy chair, a prayer corner, or any other space you'd like
- Decorate your space with a crucifix, some religious pictures or holy cards
- Pick out a book for spiritual reading during the retreat (and even begin in advance)
- Light a candle or use an aroma diffuser
- Have a container of fresh drinking water available
- Make a pot of herbal tea, coffee or favorite drink
- Have healthy foods available instead of snacking on junk food, e.g. smoothie, fresh salad, fruit, juice, bowl of soup, etc.
- Plan ahead for meals, e.g. [Power-Packed Recipes for Maximum Nutrition from WebMD](#)
- Wear comfortable clothes
- Have a bible, journal and pen

## During your Retreat

- Turn your cell phone off, or into airplane mode if using it to watch the retreat
- Close email and other auto-notification programs to eliminate "pop-ups"
- After each talk, take time to reflect on what you heard and journal about any insights
- Between virtual sessions, choose devotions to pray such as a Rosary, Chaplet of Divine Mercy and Stations of the Cross. Magnificat offers Morning and Evening Prayer.
- Plan to visit the Blessed Sacrament at a Church for a Holy Hour and Spiritual Communion (and possibly Confession if available)
- Read your bible or spiritual reading for further inspiration