



Santi Apostoli English Speaking Community Monthly Retreat

**SUNDAY, 19 NOVEMBER
4:00 - 7:00**

PURPOSE

Attitude in life changes so much! There are so many things that we have to wait for in life or receive little by little. The season of Advent is around the corner and we pause in our monthly retreat to LEARN THE ART OF WAITING.

WHAT IS A RETREAT?

As you can see in the schedule below, our monthly retreats are very simple. We offer two moments of guided reflection and create an environment of prayer with other adults to help you reconnect in a more profound way with God and with the true direction of your life. Please note that youth and children have their activities at different times and places.

SCHEDULE:

- 3:45 Arrival and introduction
- 4:00 Guided meditation (followed by silent prayer)
- 4:45 Prayer together as a group
- 5:00 Second Guided Meditation (followed by silent prayer)
- 5:45 Closing comments-discussion
- 6:30 Optional Closing video
- 7:00 Mass available (in Italian)

