

BRIDGES TO CONTEMPLATIVE LIVING
WITH THOMAS MERTON
A WEEKEND RETREAT SCHEDULE

Recommendations:

Bridges is designed to be a flexible guide for dialogue on themes pertinent to contemplative living. Follow the guidelines for contemplative dialogue in the Introduction. For groups that are just beginning the series, Volume One sets the foundation for the session themes in the subsequent volumes.

While the sessions are designed to build on each other, we also encourage retreat leaders to creatively design retreats by selecting from all the available sessions to develop a focus appropriate for the particular characteristics of the group.

Friday

Noon	Lunch and Introduction to the Retreat
3:00-4:30	<i>Bridges to Contemplative Living</i> Session 1
4:30-6:00	Contemplative Time for reading, resting, reflection
6:00	Dinner
7:30-8:45	<i>Bridges to Contemplative Living</i> Session 2
9:00	Evening Prayer or Compline

Saturday

7:30	Morning Prayer or Liturgy
8:00-8:45	Breakfast
9:00-10:15	<i>Bridges to Contemplative Living</i> Session 3
10:15-11:45	Contemplative Time for reading, resting, reflection
12:00	Lunch
1:30-2:45	<i>Bridges to Contemplative Living</i> Session 4
2:45-6:00	Contemplative time for reading, resting, reflection
6:00	Dinner
7:30-8:45	<i>Bridges to Contemplative Living</i> Session 5
9:00	Evening Prayer or Compline

Sunday

7:00	Morning Prayer or Liturgy
7:45-8:30	Breakfast
8:30-9:30	<i>Bridges to Contemplative Living</i> Session 6
9:30-11:00	Contemplative Time for reading, resting, reflection
11:00-12:15	<i>Bridges to Contemplative Living</i> Session 7
12:15	Lunch
1:15-2:45	<i>Bridges to Contemplative Living</i> Session 8
2:45	Retreat Concludes