Miles Christi

Spiritual Exercises

Friday

4:00 P.M.	Arrival
4:30	Holy Rosary *(CHAPEL)*
5:00	Holy Mass – Thanksgiving (*CHAPEL*)
6:00	Dinner
7:00	Points of Meditation *(CONFERENCE ROOM)* *Bring your notebook & prayer book*
8:30	Points of Meditation *(CHAPEL)* *Bring your notebook & prayer book*
	Night Prayer – Rest

Saturday

6:50 A.M.	Rise
7:20	Morning Prayer *(CHAPEL)* Points of Meditation *Bring your notebook & prayer book*
8:25	Breakfast
9:25	Points of Meditation *(CONFERENCE ROOM)* *Bring your notebook & prayer book*
11:00	Holy Mass - Thanksgiving *(CHAPEL)*
12:00 P.M.	Lunch – Visit to the Blessed Sacrament Free time
2:30	Holy Rosary (of Our Lady of Sorrows)
3:10	Points of Meditation *(CONFERENCE ROOM)* *Bring your notebook & prayer book*
4:15	Confessions
5:15	Via Crucis (The Stations of the Cross)
6:15	Dinner
7:30	Points of Meditation *(CHAPEL)* *Bring your notebook & prayer book* Exposition of the Blessed Sacrament
9:15	Benediction of the Blessed Sacrament
	Night Prayer - Rest

Sunday

6:50 A.M.	Rise
7:20	Morning Prayer *(CHAPEL)* Points of Meditation *Bring your notebook & prayer book*
8:25	Breakfast
9:15	Points of Meditation *(CHAPEL)* *Bring your notebook & prayer book* Exposition of the Blessed Sacrament
10:30	Benediction of the Blessed Sacrament
11:15	Holy Rosary
12:00 P.M.	Lunch – Visit to the Blessed Sacrament Free time
1:15	Points of Meditation *(CONFERENCE ROOM)* *Bring your notebook & prayer book*
2:40	Points of Meditation *(CONFERENCE ROOM)* *Bring your notebook & prayer book*
4:00	Holy Mass - Thanksgiving *(CHAPEL)*
	End of the *Spiritual Exercises*