

Retreat Itinerary

A New Beginning: A Retreat for Retirees

St Bruno's House

This retreat follows a gentle, structured daily rhythm that balances teaching, reflection, dialogue, and rest.

Participation in prayers, walks, and meditations is always optional.

Day 1 – Monday

Arrival • Orientation • Grounding

- 3:30 pm – Welcome, registrations & afternoon tea
 - 4:00 pm – **Module 1: Why Retirement Rebellion** (with Q&A)
 - 5:30 pm – Break
 - 5:45 pm – **Module 1 Group Discussion**
 - 7:15 pm – Supper
 - 8:15 pm – Compline (Night Prayer) – *optional*
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Day 2 – Tuesday

Understanding Retirement & Mindset

- 7:30 am – Lauds (Morning Prayer) – *optional*
- 8:00 am – Breakfast
- 9:00 am – **Module 2: The Reality of Retirement** (with Q&A)
- 10:30 am – Break
- 10:45 am – **Module 2 Group Discussion**
- 12:15 pm – Break
- 1:00 pm – Midday Prayer – *optional*
- 1:15 pm – Lunch
- 2:00 pm – **Optional guided meditations or gentle walks**
- 3:30 pm – Afternoon tea
- 4:00 pm – **Module 3: Mindset Rebel** (with Q&A)
- 5:30 pm – Break
- 5:45 pm – **Module 3 Group Discussion**
- 7:15 pm – Supper

- 8:15 pm – Compline – *optional*
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Day 3 – Wednesday

Reframing the Inner Landscape

- 7:30 am – Lauds – *optional*
 - 8:00 am – Breakfast
 - 9:00 am – **Module 4: Your Rebel Mind** (*with Q&A*)
 - 10:30 am – Break
 - 10:45 am – **Module 4 Group Discussion**
 - 12:15 pm – Break
 - 1:00 pm – Midday Prayer – *optional*
 - 1:15 pm – Lunch
 - 2:00 pm – **Optional guided meditations or gentle walks**
 - 3:30 pm – Afternoon tea
 - 4:00 pm – **Module 5: Create Your Rebel Mindset** (*with Q&A*)
 - 5:30 pm – Break
 - 5:45 pm – **Module 5 Group Discussion**
 - 7:15 pm – Supper
 - 8:15 pm – Compline – *optional*
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Day 4 – Thursday

Purpose, Gratitude & Integration

- 7:30 am – Lauds – *optional*
 - 8:00 am – Breakfast
 - 9:00 am – **Module 6: Rebel Purpose** (*with Q&A*)
 - 10:30 am – Break
 - 10:45 am – **Module 6 Group Discussion**
 - 12:15 pm – Break
 - 1:00 pm – Midday Prayer – *optional*
 - 1:15 pm – Lunch
 - 2:00 pm – **Optional guided meditations or gentle walks**
 - 3:30 pm – Afternoon tea
 - 4:00 pm – **Module 7: Gratitude Rebel** (*with Q&A*)
 - 5:30 pm – Break
 - 5:45 pm – **Module 7 Group Discussion**
 - 7:15 pm – Supper
 - 8:15 pm – Compline – *optional*
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Day 5 – Friday

Completion & Departure

- 7:30 am – Lauds – *optional*
- 8:00 am – Breakfast
- 8:45 am – Please vacate rooms
- 9:00 am – **Module 8: Rebel with a Cause** (*with Q&A*)
- 10:30 am – Break
- 10:45 am – Module 8 **Group Discussion**
- 12:15 pm – Break
- 1:00 pm – Midday Prayer – *optional*
- 1:15 pm – Lunch
- 2:00 pm – Departure

Throughout the retreat, there is generous space for reflection, conversation, optional meditation, and time in nature.

Nothing is compulsory; everything is an invitation.