

# VIRTUAL TRIDUUM RETREAT SCHEDULE 2020

## Holy Thursday

### **6:15pm**

- Welcome & Overview of Retreat (Br. Cassian, O.S.B.)
- Holy Thursday Teaching – **Humility & Poverty of Heart** (Fr. Boniface, O.S.B.)
- Personal Testimony
- Livestreamed Mass of the Lord's Supper\*

### **9pm-12am**

- Livestreamed Keeping Watch at the Altar of Repose with Reflections
  - 9pm -
  - 10pm -
  - 11pm - Karen Dopico

### **11:45pm**

- Liturgy of the Hours: Night Prayer

# VIRTUAL TRIDUUM RETREAT SCHEDULE 2020

## Good Friday

### 8:30am

- Liturgy of the Hours – Office of Readings & Morning Prayer
- Good Friday Teaching – **Fasting in the Tradition of the Church** (Fr. Tom Hart, O.S.B.)
- Personal Testimony

### 10am

- Good Friday Teaching – **The Cross, Suffering, & Love** (Fr. Tom Acklin, O.S.B.)
- Personal Testimony

### 11am-5pm

- We encourage you to participate in Good Friday Devotions to enrich the sacredness of this day:
  - o Reflections on the 7 Last Words of Jesus (video here)
  - o Watch the Passion of the Christ film by Mel Gibson (available with Amazon Prime Video account or on DVD)
  - o Pray Lectio Divina with the Passion Narratives
  - o Rosary
  - o Divine Mercy Chaplet
  - o Stations of the Cross (video here)

### 1:30-4:30pm

- Livestreamed Commemoration of the Lord's Passion\*

### 5pm

- Good Friday Teaching – **Our Weakness & His Divine Mercy**
- Personal Testimony

### Dinner Time

- We invite you to participate in a silent, simple meal on this most solemn day. There is a video here of Monastic Table Reading which you can begin at the start of your meal. It may conclude earlier, at which time you are invited to finish your meal in a spirit of sacred silence.

### 6:45pm

- Good Friday Teaching – **Christ Entombed & the Empty Tabernacle**
- Personal Testimony

### 9pm

- Liturgy of the Hours: Night Prayer

# VIRTUAL TRIDUUM RETREAT SCHEDULE 2020

## Holy Saturday

### 8:30am

- Liturgy of the Hours: Office of Readings & Morning Prayer
- Holy Saturday Teaching – **Christ in the Tomb & Spiritual Longing** (Jen Settle)
- Personal Testimony

### 10:30-1pm

- We encourage you to participate in Holy Saturday Devotions to enrich the sacredness of this day:
  - o Reflections on the 7 Last Words of Jesus (videos here)
  - o Pray Lectio Divina on the Accounts of Jesus' burial.
  - o Prayer on the 7 Sorrows of Mary (link here)
  - o Meditation on Silence (video here)

### 1pm

- Holy Saturday Teaching – **Anchored in Hope: The Stone Will Be Rolled Away** (Br. Barnabas, O.S.B.)
- Personal Testimony

### 4:15pm

- Liturgy of the Hours – Vespers

### 7pm

- Holy Saturday Teaching – **The Exultet, the Great Song of Easter** (Fr. Boniface, O.S.B.)
- Personal Testimony

### 9pm

- Livestreamed Easter Vigil\*

# VIRTUAL TRIDUUM RETREAT SCHEDULE 2020

## Easter Sunday

**6am**

- Livestreamed *Urbi et Orbi* message from Pope Francis ([link here](#))

**9am**

- Liturgy of the Hours: Morning Prayer

**9:30-12pm**

- Livestreamed Mass of Easter Day\*

**12pm**

- Easter Sunday Teaching – **Taking Joy in the Risen Lord Jesus** (Fr. Boniface)
- Personal Testimony

**1pm**

- **Community Meal** via Zoom with the Opportunity to Share a Grace ([more info here](#))