The DOs and DON'Ts of the Retreat

Lifeline - In Solidarity with... Online Retreat 2020
ABOUT THE RETREAT
Retreat begins on April 05 and concludes on April 12. The material for the First Day’s (April 05) prayer and reflection will be sent on the previous day (April 04) at 4 PM IST. This will be the pattern for all the days.

ABOUT THE MATERIAL
You shall receive:
1. A PDF containing the Theme, Grace, Reflections, Passages for prayer, the Day’s Prayer and a Mantra.
2. A Video of the same.

TIME-TABLE
1. Prepare a time-table, fixing your time for prayer. Kindly adhere to it throughout 8 days.
2. If you are doing this retreat along with your daily chores and jobs, you are encouraged to pray at least for TWO hours daily, preferably one hour in the morning and the other in the afternoon or evening. Choose according to your convenience.
3. If you are doing this retreat without any other commitments, you are encouraged to have at least four or five hours of prayer.

PRAYER
As it is indicated in the preparatory material, give at least 10 minutes for preparation for prayer, 45 minutes for prayer proper followed by 10 minutes to write the review of prayer.

EXAMEN
Kindly make two Examen daily: one before lunch and the other before going to bed.

SHARING
You could share the review with a friend, family member, community member preferably in the evening. You are expected
HOLY EUCHARIST
We shall stream the Holy Eucharist on our YouTube Channel.
5th April - 8th April
Streaming Time: 12 PM IST
9th April - Maundy Thursday
Streaming Time: 6 PM IST
10th April - Good Friday Service
Streaming Time: 3 PM IST
11th April - Holy Saturday Vigil Service
Streaming Time: 9 PM IST
12th April - Easter Sunday
Streaming Time: 9 AM IST

We shall not be sending any links. You need to subscribe to our channel to participate in the Online Streaming. Do not forget to click the bell icon to get the reminders.

# DOs during the retreat
to share the Prayer Experience during the sharing. Strictly follow Social Distancing!

ATMOSPHERE
Kindly keep a recollected mood during these eight days. Constantly keep in your prayers all who are distressed by COVID 19 and all those engaged in relief work.

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STEPs TO SUBSCRIBE (CLICK ON SUBSCRIBE)

1. Click the Subscribe Button Below.
2. A New Window will open asking you to Subscribe. Click Subscribe
3. Click the Small Bell Icon next to the subscribed button on the screen (Choose All)
SOCIAL MEDIA
Reduce the Social Media Usage. You would benefit much if you do not use it at all for 8 days. Go through Social Media Detox!

GATHERING
Avoid gathering of any sort! Strictly adhere to the instructions of the Government.

SLEEP
Do not deprive yourselves of SLEEP!

CHATTER
Do not involve in unnecessary chatter.

TV and Movies
Avoid watching your favourite Shows and Serials on Web Hosted Channels, DTHs and Cable TVs.