



THE DOs and
THE DONTs

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

#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.

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.

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.



DON'TS during the retreat