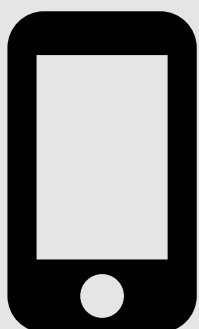




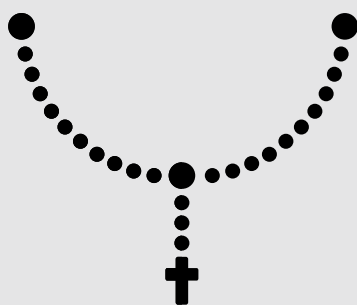
SIMPLE STEPS FOR A SUCCESSFUL VIRTUAL RETREAT

Make your retreat a
priority!



1 PUT YOUR PHONE AWAY

Unless you absolutely need your phone, put it aside and look at it only when needed.



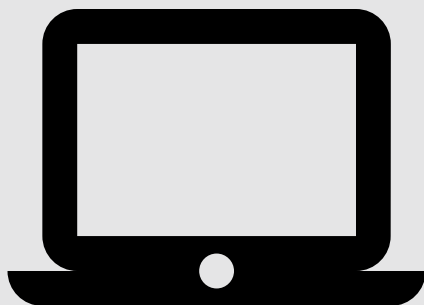
2 FIND SPACE TO RETREAT

Find a comfortable place in your home where you can join in with the retreat programs. Make sure the space is comfortable and consider setting up a 'home altar.'



3 HAVE A BIBLE & CANDLE

Bring your bible to your retreat space. A candle to light during Mass and prayer time will enhance the experience.



4 PREPARE TO ZOOM

An email will be sent that contains the Zoom link. We encourage you to save the email and the Zoom link. Prior to the start of the Retreat, Login in to Zoom and make sure your microphone and speakers are on.



5 PRAY

God loves you! Your commitment of time to be with Him will be greatly rewarded! God bless you.