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**Make sure everyone has access to formed.org**

Have everyone watch Session 1 (35 min) at home in advance, one or two days before retreat.

Retreat begins with Sunday Mass (60 min); then coffee & doughnuts; then welcome & introductions (30 min).

Watch Session 2 (34 min)

Take a short break; or time for small group sharing (15 min).

Watch Session 3 (37 min)

Time for small group sharing; or go immediately to share a meal together (40 min).

Watch Session 4 (49 min)

Spend some time in quiet prayer and adoration with confessions available (20–40 min).

Watch Session 5 (35 min)

Time for small group sharing; and then final remarks and farewell (20 min).

Encourage everyone to watch Session 6 (49 min) at home within the next few days.
### Sunday Marriage Retreat

**Make sure everyone has access to formed.org**

Have everyone watch Session 1 (35 min) at home in advance, one or two days before retreat.

Retreat begins with welcome, introductions, & opening prayer (30 min).

Watch Session 2 (34 min)

Take a short break; or time for small group sharing (15 min).

Watch Session 3 (37 min)

Time for small group sharing; or go immediately to share a meal together (40 min).

Watch Session 4 (49 min)

Spend some time in quiet prayer and adoration with confessions available (20-40 min).

Watch Session 5 (35 min)

Time for small group sharing and final remarks (20 min); then conclude with Saturday vigil Mass (60 min).

Encourage everyone to watch Session 6 (49 min) at home within the next few days.