

VITAL RETREAT SCHEDULE (Compact – Saturday–Sunday)

Saturday

6:45 AM	Students arrive at CTK
7:00 AM	Bus departs CTK
8:30 AM	Arrive at camp / unload / registration
8:30–8:55 AM	Breakfast (Dining Hall)
8:55–9:15 AM	Welcome, retreat expectations, group assignments
9:15–9:35 AM	Icebreaker & Journaling (“Get to know you” + Lifeboat game)
9:35–9:55 AM	Session I: Before Breath
9:55–10:20 AM	Small Group Discussion
10:20–10:40 AM	Holy Spirit Testimony + “Come O Creator Spirit”
10:40–11:10 AM	Game – Walk the Plank
11:10–11:40 AM	Confession explanation + Examination of Conscience
11:40–12:30 PM	Confession begins / Small Group Rosary Reflection
12:30–1:15 PM	Lunch
1:15–1:30 PM	Break
1:30–1:50 PM	Game – Scooch Your Buns
1:50–2:20 PM	Session II: Gift of Breath + Small Group Discussion
2:20–3:45 PM	Organized Free Time (Phil’s Place, Green Space, MMS)
3:45–4:00 PM	Transition / prepare for Mass
4:00–5:15 PM	Mass (Chapel)
5:15–5:40 PM	Game – Hula Hop
5:40–6:20 PM	Session III: Breathing + Small Group Discussion
6:30–7:00 PM	Dinner
7:00–7:20 PM	Session IV: Signs of Life
7:20–7:45 PM	Break / Prepare for Adoration
7:45–9:00 PM	Adoration
9:00–9:25 PM	Small Group Discussion
9:30–10:15 PM	Campfire (optional musical chairs near fire)
10:15–10:45 PM	Quiet time / journaling / cabin check
11:00 PM	Lights Out

Sunday

7:30 AM	Wake Up / Morning Prayer
8:00–8:45 AM	Breakfast
8:45–9:30 AM	Clean-up / Pack up cabins
9:30–9:50 AM	Game – Hops & Ladders
9:50–10:10 AM	Session V: Dangerous

10:10–10:40 AM	Small Group Testimony & Sharing
10:40–11:00 AM	Closing Prayer – St. Patrick’s Breastplate
11:00 AM	Depart camp for CTK