

MLK, Jr. & Moreau Retreat

Sample Schedule

Mount Angel Abbey, 1 Abbey Drive, Saint Benedict, Oregon 97373

Preparation Day

3:00 PM	Arrival (Earliest) (Check-in start 3 pm; please arrive before 5 PM.) ---Settle in at the Guesthouse and enjoy the Abbey grounds.	Entrance Ground level
5:15 PM	Vespers (Evening Prayer with the Monks , optional)	Abbey Church
6:00 PM	Dinner (Welcome by Guesthouse)	Dining Room
7:00 PM	Session 1: Orientation to Moreau bio ; MLK (Short) video or Atlanta News First (Longer version) Reflection & reading time	Montecassino
9:00 PM	Evening Social (optional)	

Full Second Day

7:00 AM	Breakfast	Dining Room
9:00 AM	Session 2: Dignity ---Reflection & reading time	Montecassino
12:15 PM	Lunch	Dining Room
1:30 PM	Session 3: Community ---Reflection & reading time	Montecassino
5:15 PM	Mass	Guesthouse Chapel
6:00 PM	Dinner	Dining Room
7:00 PM	Session 4: Hope ---Reflection & reading time	Montecassino
9:00 PM	Evening Social (optional)	

Final Morning Wrap-up

7:00 AM	Breakfast	Dining Room
8:00 AM	Time for packing up	
9:00 AM	Session 5: Sharing insights	Montecassino
10:30 AM	Departure	