**Sample Opening Meeting Content 3**

* Welcome 2 min
* Introductions 10 min
* What is a retreat? 2 min
* Stillness/ Relaxation 5 min
* Lectio Divina 10 min
* Role Play 3 min
* Imaginative Contemplation 10 min
* Closing Prayer 2 min
* Pilgrims meet Prayer Guides 15 min

**Resources required**

* Centre-piece
* Leaflet/handout